



Health  
Canada

Santé  
Canada

# Nutrition Labelling – Directory of Nutrition Facts Table Formats

Draft for Canada Gazette Part I Consultation

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# Legend

**Per HM (MM):** a placeholder for the actual amount of food for which information is provided.  
HM = household measure; MM = metric measure.

**## signs:** a placeholder for the actual nutrient values per serving of the product.

# Standard Format

Figure 1.1(E)

Normal width font  
8 point type except as indicated  
Thin rules – 0.5 point  
Rules centred between text

<b>Nutrition Facts</b>	
Serving of stated size: 9 point type with 11 point leading	Per HM (MM)
Calories: 10 point bold type with 14.5 point leading	<b>Calories #####</b> % Daily Value*
14.5 point leading	<b>Fat ## g</b> ## %
9 point leading	<b>Saturated ## g</b> ## %
	+ Trans ## g
Main nutrients in bold type, amount in regular type, with 12 point leading	<b>Carbohydrate ## g</b>
	Fibre ## g
Sub nutrients in regular type with 9 point leading	Sugars ## g ## %
	<b>Protein ## g</b>
	<b>Cholesterol ### mg</b>
	<b>Sodium ##### mg</b> ## %
Regular type with 14.5 point leading	Potassium ##### mg ## %
Regular type with 12 point leading	Calcium ##### mg ## %
	Iron ## mg ## %
Asterisk in 9 point with -2 point baseline shift	*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>

Annotations for Figure 1.1(E):

- Heading: 13 point bold type
- Serving of stated size: 9 point type with 11 point leading
- Calories: 10 point bold type with 14.5 point leading
- 14.5 point leading
- 9 point leading
- Main nutrients in bold type, amount in regular type, with 12 point leading
- Sub nutrients in regular type with 9 point leading
- Regular type with 14.5 point leading
- Regular type with 12 point leading
- Asterisk in 9 point with -2 point baseline shift
- 1 point rule
- 6 point bold type with 9 point regular asterisk, asterisk with -2 point baseline shift
- Value centred against saturated + trans information on left
- Text enclosed by a box with a 0.5 point rule within 3 points of text
- Numbers and % sign in regular type, space between number and % sign
- Space between number and unit
- Thick rules – 2.5 point
- 6.5 point regular type with 13 point leading and with "a little" and "a lot" in bold

Figure 1.1(F)

<b>Valeur nutritive</b>	
pour MD (MM)	
<b>Calories #####</b>	% valeur quotidienne*
<b>Lipides ## g</b>	## %
saturés ## g	## %
+ trans ## g	
<b>Glucides ## g</b>	
Fibres ## g	
Sucres ## g	## %
<b>Protéines ## g</b>	
<b>Cholestérol ### mg</b>	
<b>Sodium ##### mg</b>	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

Note: Same format specifications as in Figure 1.1(E).

## Standard Format (*continued*)

### **Figures 1.2(E) and (F)**

Follow Figures 1.1(E) and (F) except:

- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 12.5 point leading

### **Figures 1.3(E) and (F)**

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12.5 point leading

### **Figures 1.4(E) and (F)**

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

# Standard Format (*continued*)

## **Figures 1.5(E) and (F)**

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

## **Figures 1.6(E) and (F)**

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

# Narrow Standard Format

Figure 2.1(E)

<b>Nutrition Facts</b>	
Per HM (MM)	
<b>Calories #####</b>	% Daily Value*
<b>Fat ## g</b>	## %
Saturated ## g	## %
+ Trans ## g	## %
<b>Carbohydrate ## g</b>	
Fibre ## g	
Sugars ## g	## %
<b>Protein ## g</b>	
<b>Cholesterol ### mg</b>	
<b>Sodium ##### mg</b>	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
*5% or less is <b>a little</b>	
*15% or more is <b>a lot</b>	

6.5 point leading

13 point leading

7.5 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 2.1(F)

<b>Valeur nutritive</b>	
pour MD (MM)	
<b>Calories #####</b>	% valeur quotidienne*
<b>Lipides ## g</b>	## %
saturés ## g	## %
+ trans ## g	## %
<b>Glucides ## g</b>	
Fibres ## g	
Sucres ## g	## %
<b>Protéines ## g</b>	
<b>Cholestérol ### mg</b>	
<b>Sodium ##### mg</b>	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
*5% ou moins c'est <b>peu</b>	
*15% ou plus c'est <b>beaucoup</b>	

6.5 point leading

13 point leading

7.5 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.



## Narrow Standard Format (*continued*)

### **Figures 2.2(E) and (F)**

Follow Figures 2.1(E) and (F) except:

- Heading: 11 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

### **Figures 2.3(E) and (F)**

Follow Figures 2.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

### **Figures 2.4(E) and (F)**

Follow Figures 2.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

# Bilingual Standard Format

Figure 3.1(B)

<b>Nutrition Facts</b>		<b>Valeur nutritive</b>	
Per HM (MM)		pour MD (MM)	
<b>Calories #####</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne</b>	
<b>Fat / Lipides ## g</b>		<b>## %</b>	
Saturated / saturés ## g		<b>## %</b>	
+ Trans / trans ## g			
<b>Carbohydrate / Glucides ## g</b>			
Fibre / Fibres ## g			
Sugars / Sucres ## g		<b>## %</b>	
<b>Protein / Protéines ## g</b>			
<b>Cholesterol / Cholestérol ### mg</b>			
<b>Sodium ##### mg</b>		<b>## %</b>	
Potassium ##### mg		<b>## %</b>	
Calcium ##### mg		<b>## %</b>	
Iron / Fer ## mg		<b>## %</b>	
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b>		*A little; "a lot", "peu" and "beaucoup" in bold	
15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

## Bilingual Standard Format (*continued*)

### **Figure 3.2(B)**

Follow Figure 3.1(B) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Daily value subheading: 6 point type with 6.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figure 3.3(B)**

Follow Figure 3.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Daily value subheading: 6 point type with 6.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

### **Figure 3.4(B)**

Follow Figure 3.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 9 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12.5 point leading
- Daily value subheading: 6 point type with 6.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

# Bilingual Standard Format (continued)

**Figure 3.5(B)**

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
10 point bold type with 11 point leading	Per HM (MM)
7 point type with 9 point leading	par MD (MM)
8 point bold type with 12 point leading	<b>Calories #####</b> % Daily Value*
11.5 point leading	% valeur quotidienne
7 point leading	Fat / Lipides ## g ## %
9 point leading	Saturated / saturés ## g ## %
7 point leading	+ Trans / trans ## g ## %
9 point leading	Carbohydrate / Glucides ## g
7 point leading	Fibre / Fibres ## g
7 point leading	Sugars / Sucres ## g ## %
	Protein / Protéines ## g
	Cholesterol / Cholestérol ### mg
	Sodium ### mg ## %
11 point leading	Potassium ### mg ## %
No rules, 7 point leading	Calcium ### mg ## %
11 point leading	Iron / Fer ## mg ## %
11 point leading	*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>

8 point leading

6.5 point leading

Thick rules – 2 point

6 point regular type with 7 point leading and with "a little", "a lot", "peu" and "beaucoup" in bold

Note: Same format specifications as in Figure 3.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 3.6(B)**

Follow Figure 3.5(B) except:

- Daily value subheading: 6 point leading
- Nutrients: 8 point leading where there is a thin rule above; 10.5 point leading where there is a thick Calories rule above and 10 point leading if other thick rule above
- Footnote: 10 point leading on first line where there is a thick rule above

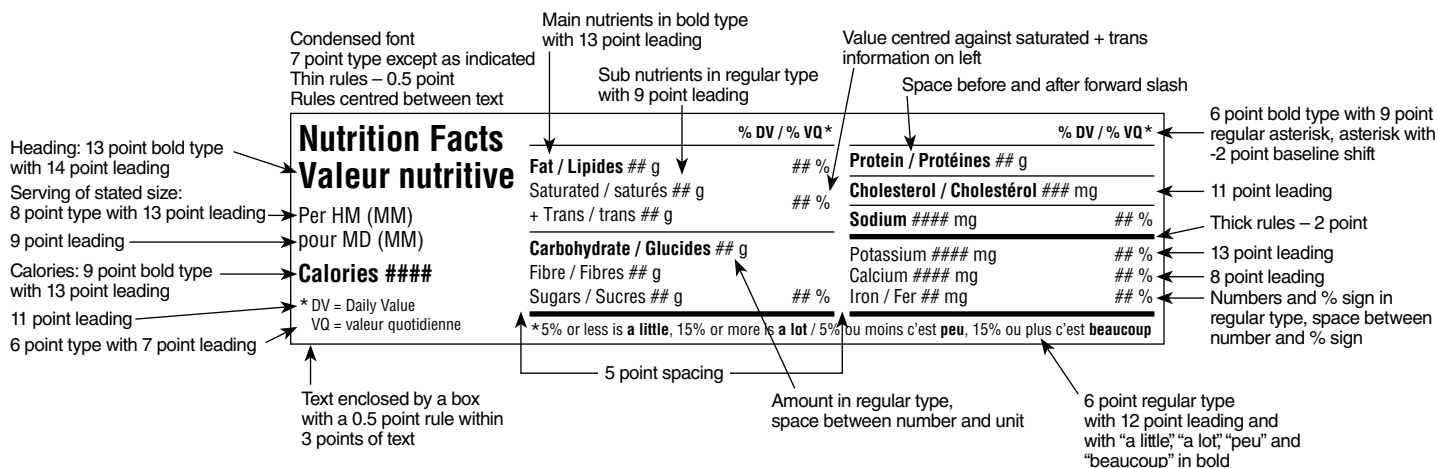
**Figure 3.7(B)**

Follow Figure 3.5(B) except:

- Heading: 9 point type with 9 point leading
- Serving size: 8 point leading on first line and 7 point leading on second line of stack (if needed).
- Daily value subheading: 6 point leading
- Nutrients: 6 point leading where there is no rule; 7 point leading where there is a thin rule above; 10 point leading where there is a thick Calories rule above and 9 point leading if other thick rule above
- Footnote: 6 point leading where there is no rule and 9 point leading where there is a thick rule above
- Top rule: reduced to 0.75 point.
- Thick rules: reduced to 1.5 point.
- Outer box: 0.25 point
- Text inset: 1 point

# Bilingual Horizontal Format

**Figure 4.1(B)**



Note: French terms may appear first.

**Figure 4.2(B)**

Follow Figure 4.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 10 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 11 point leading
- Daily value note: 10 point leading on first line
- Nutrients middle column: 6 point type with 8 point leading where there is no rule and 12 point leading where there is a thin rule above
- Nutrients third column: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12 point leading where there is a thick rule above

# Bilingual Horizontal Format (continued)

**Figure 4.3(B)**

Nutrition Facts		% DV / % VQ*	% DV / % VQ*
Valeur nutritive			
Per HM (MM)	Fat / Lipides ## g	## %	Protein / Protéines ## g
pour MD (MM)	Saturated / saturés ## g	## %	Cholesterol / Cholestérol ### mg
	+ Trans / trans ## g		Sodium #### mg
	Carbohydrate / Glucides ## g		Potassium ### mg
	Fibre / Fibres ## g		Calcium ### mg
	Sugars / Sucres ## g	## %	Iron / Fer ## mg

\* DV = Daily Value  
VQ = valeur quotidienne  
\* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. French terms may appear first.

**Figure 4.4(B)**

Follow Figure 4.3(B) except:

- Serving size: 9 point leading on first line and 7 point leading on second line of stack
- Calories: 9 point leading
- Daily value note: 8 point leading on first line
- Nutrients middle column: 7.5 point leading where there is no rule; 10 point leading if %DV rule above and 11 point leading where there is a thin rule above
- Nutrients third column: 9 point leading if %DV rule above and where there is a thin rule above; 10 point leading where there is a thick rule above

**Figure 4.5(B)**

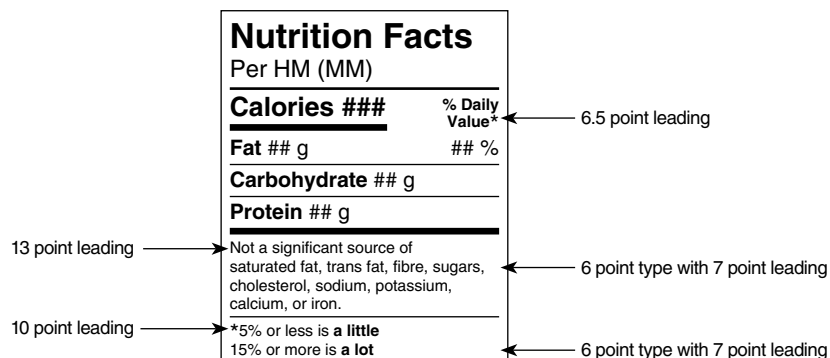
Nutrition Facts		% Daily Value*	% Daily Value*	% DV / % VQ*
Valeur nutritive		% valeur quotidienne	% valeur quotidienne	
Per HM (MM)	Fat / Lipides ## g	## %	Carbohydrate / Glucides ## g	Sodium #### mg
pour MD (MM)	Saturated / saturés ## g	## %	Fibre / Fibres ## g	Potassium ### mg
	+ Trans / trans ## g		Sugars / Sucres ## g	Calcium ### mg
	Protein / Protéines ## g		Cholesterol / Cholestérol ### mg	Iron / Fer ## mg

\* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. French terms may appear first.

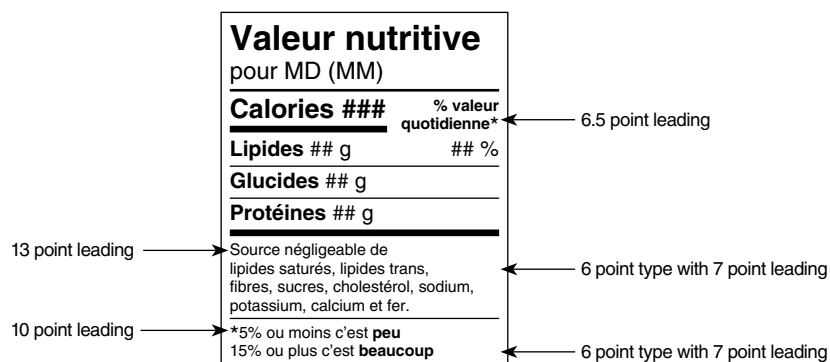
# Simplified Standard Format

Figure 5.1(E)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 5.1(F)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

## Simplified Standard Format (*continued*)

### **Figures 5.2(E) and (F)**

Follow Figures 5.1(E) and (F) except:

- Serving size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

### **Figures 5.3(E) and (F)**

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

### **Figures 5.4(E) and (F)**

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point



## Simplified Standard Format (*continued*)

### **Figures 5.5(E) and (F)**

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above

### **Figures 5.6(E) and (F)**

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 9 point leading where there is a thin rule above and 10 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

# Bilingual Simplified Standard Format

**Figure 6.1(B)**

14 point leading	<b>Nutrition Facts</b>	
	<b>Valeur nutritive</b>	
10 point leading	Per HM (MM)	
	pour MD (MM)	
	<b>Calories ###</b>	% Daily Value*
		% valeur quotidienne
	<b>Fat / Lipides ## g</b>	## %
Space before and after forward slash	<b>Carbohydrate / Glucides ## g</b>	
	<b>Protein / Protéines ## g</b>	
13 point leading	Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, sodium, potassium, calcium, or iron.	6.5 point leading
10 point leading	Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, sodium, potassium, calcium et fer.	6 point type with 7 point leading
10 point leading	*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b> 15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>	6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
French terms may appear first.

**Figure 6.2(B)**

Follow Figure 6.1(B) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

**Figure 6.3(B)**

Follow Figure 6.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.

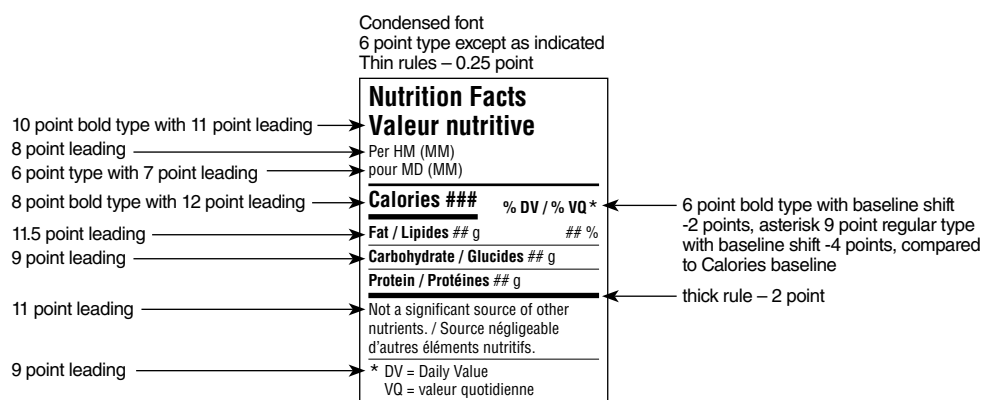
# Bilingual Simplified Standard Format (*continued*)

## Figure 6.4(B)

Follow Figure 6.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 9 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

## Figure 6.5(B)



Note: Same format specifications as in Figure 6.1(B) except as otherwise indicated.  
French terms may appear first.

## Figure 6.6(B)

Follow Figure 6.5(B) except:

- Serving size: 6.5 point type with 8 point leading on first line and 7.5 point leading on second line of stack
- Calories: 7.5 point type with 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick Calories rule above
- Footnote: 10.5 point leading where there is a thick rule above and 8 point leading where there is a thin rule above

# Bilingual Simplified Horizontal Format

**Figure 7.1(B)**

<b>Nutrition Facts</b>		<b>% Daily Value *</b>
<b>Valeur nutritive</b>		<b>% Valeur quotidienne</b>
Per HM (MM) pour MD (MM)	<b>Fat / Lipides ## g</b>	<b>## %</b>
	<b>Carbohydrate / Glucides ## g</b>	
	<b>Protein / Protéines ## g</b>	
<b>Calories ###</b>	Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, sodium, potassium, calcium, or iron.	
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, sodium, potassium, calcium et fer.	

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 7.2(B)**

Follow Figure 7.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 12 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 9 point leading where there is a % DV rule above and 10 point leading where there is a thin rule above
- Footnote: 12 point leading where there is a Calories or thick rule above and 9 point leading where there is a thin rule above

# Bilingual Simplified Horizontal Format (*continued*)

**Figure 7.3(B)**

6 point type except as indicated  
Thin rules – 0.25 point

<p>10 point bold type with 11 point leading →</p> <p>6.5 point type with 8.5 point leading →</p> <p>7.5 point leading →</p> <p>7.5 point bold type with 10.5 point leading →</p> <p>9 point leading →</p>	<p><b>Nutrition Facts</b></p> <p><b>Valeur nutritive</b></p> <p>Per HM (MM)</p> <p>pour MD (MM)</p> <p><b>Calories ###</b></p> <p>* DV = Daily Value VQ = valeur quotidienne</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="text-align: right; font-size: small;">% DV / % VQ *</td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;">Fat / Lipides ## g</td> <td style="text-align: right; border-top: 1px solid black; border-bottom: 1px solid black;">## %</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Carbohydrate / Glucides ## g</td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td style="border-bottom: 1px solid black;">Protein / Protéines ## g</td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td colspan="2" style="font-size: x-small;">                     Not a significant source of other nutrients. / Source négligeable d'autres éléments nutritifs.                 </td> </tr> </table>		% DV / % VQ *	Fat / Lipides ## g	## %	Carbohydrate / Glucides ## g		Protein / Protéines ## g		Not a significant source of other nutrients. / Source négligeable d'autres éléments nutritifs.		<p>← 12 point leading</p>
	% DV / % VQ *												
Fat / Lipides ## g	## %												
Carbohydrate / Glucides ## g													
Protein / Protéines ## g													
Not a significant source of other nutrients. / Source négligeable d'autres éléments nutritifs.													

Note: Same format specifications as in Figure 7.1(B) except as otherwise indicated.  
French terms may appear first.

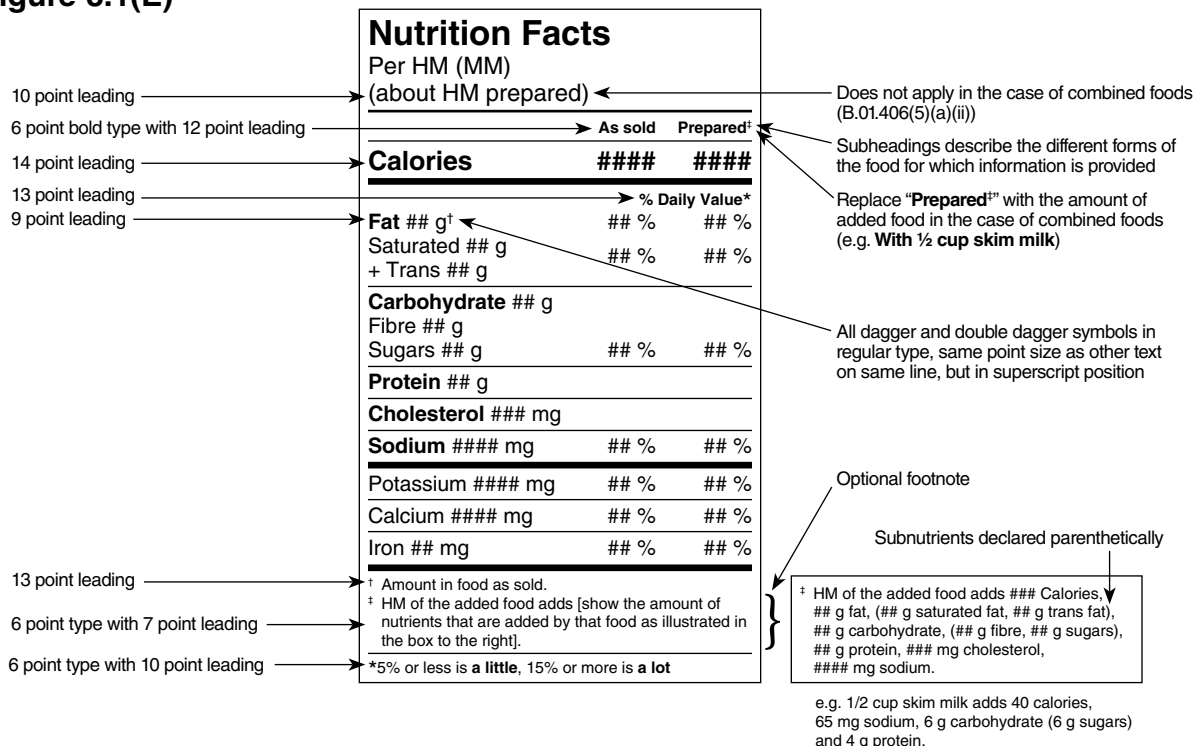
**Figure 7.4(B)**

Follow Figure 7.3(B) except:

- Heading: 10.5 point leading
- Serving size: 8 point leading on first line and 7 point leading on second line of stack
- Calories: 9.5 point leading
- Daily value note: 8 point leading on first line
- Nutrients: 9 point leading
- Footnote: 11 point leading where there is a thick rule above

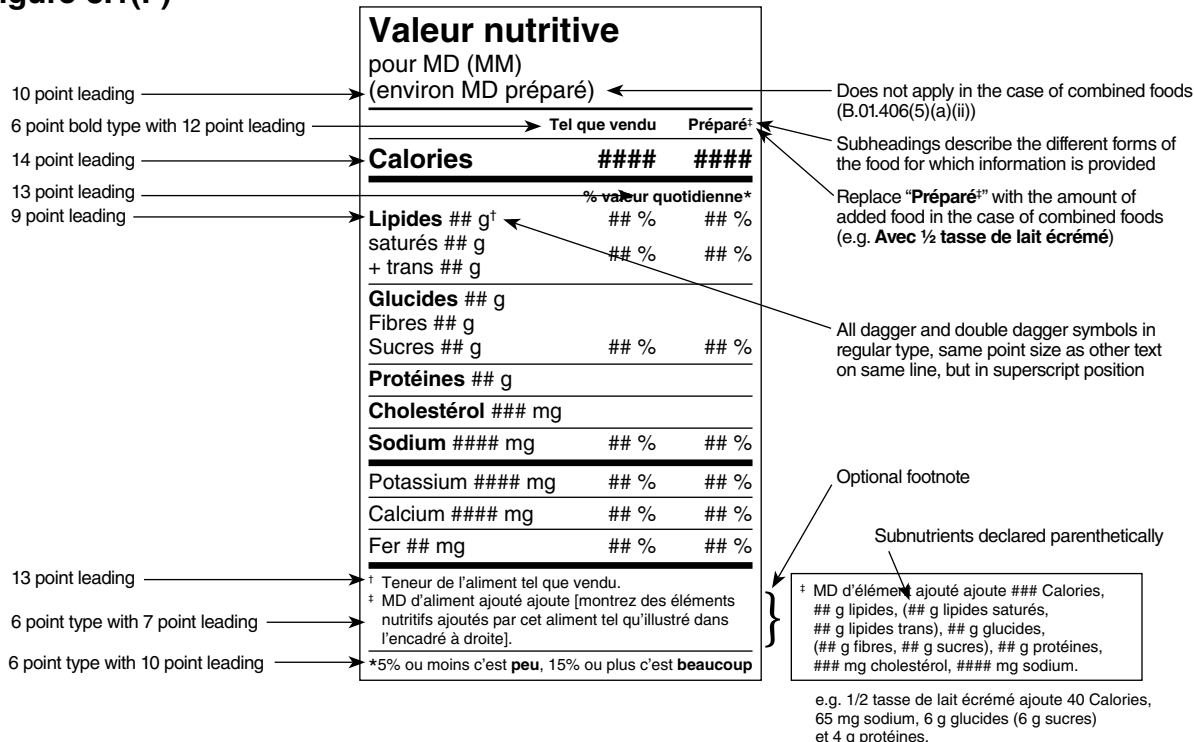
# Dual Format – Foods Requiring Preparation

Figure 8.1(E)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 8.1(F)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Dual Format – Foods Requiring Preparation (*continued*)

## **Figures 8.2(E) and (F)**

Follow Figures 8.1(E) and (F) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figures 8.3(E) and (F)**

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figures 8.4(E) and (F)**

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- As sold/prepared subheading: 11 point leading
- Calories: 9 point type with 12.5 point leading
- Daily value subheading: 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

## Dual Format – Foods Requiring Preparation (*continued*)

### **Figures 8.5(E) and (F)**

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading on first line and 8 point leading on second line of stack
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

### **Figures 8.6(E) and (F)**

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 6.5 point type with 8 point leading on first line and 7.5 point leading on second line of stack
- As sold/prepared subheading: 11 point leading
- Calories: 7.5 point type with 10 point leading
- Daily value subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point



# Bilingual Dual Format – Foods Requiring Preparation

Figure 9.1(B)

<b>Nutrition Facts / Valeur nutritive</b>			
Per HM (MM) / pour MD (MM)			
About HM prepared / environ MD préparé		As sold Tel que vendu	Prepared† Préparé†
<b>Calories</b>		<b>####</b>	<b>####</b>
% Daily Value / % valeur quotidienne*			
<b>Fat / Lipides</b> ## g <sup>†</sup>		## %	## %
Saturated / saturés ## g		## %	## %
+ Trans / trans ## g			
<b>Carbohydrate / Glucides</b> ## g			
Fibre / Fibres ## g			
Sugars / Sucres ## g		## %	## %
<b>Protein / Protéines</b> ## g			
<b>Cholesterol / Cholestérol</b> ### mg			
<b>Sodium</b> #### mg		## %	## %
<b>Potassium</b> #### mg		## %	## %
<b>Calcium</b> #### mg		## %	## %
<b>Iron / Fer</b> ## mg		## %	## %
<sup>†</sup> Amount in food as sold. / Teneur de l'aliment tel que vendu. <sup>‡</sup> HM of the added food adds [show the amount of nutrients that are added by that food as illustrated in the box to the right]. / MD d'élément ajouté ajoute [montrez des éléments nutritifs ajoutés par cet aliment tel qu'illustré dans l'encadré à droite].			
* 5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b> 15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>			

Does not apply in the case of combined foods (B.01.406(5)(a)(ii))

Subheadings describe the different forms of the food for which information is provided

Replace "Prepared†" and "Préparé†" with the amount of added food in the case of combined foods (e.g. **With ½ cup skim milk and Avec ½ tasse de lait écrémé**)

All dagger and double dagger symbols in regular type, same point size as other text on same line, but in superscript position

Optional footnote

Subnutrients declared parenthetically

<sup>†</sup> HM of the added food adds ### Calories, ## g fat, (## g saturated fat, ## g trans fat), ## g carbohydrate, (## g fibre, ## g sugars), ## g protein, ### mg cholesterol, #### mg sodium. / MD d'élément ajouté ajoute ### Calories, ## g lipides, (## g lipides saturés, ## g lipides trans), ## g glucides, (## g fibres, ## g sucres), ## g protéines, ### mg cholestérol, #### mg sodium.

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

# Bilingual Dual Format – Foods Requiring Preparation (continued)

## **Figure 9.2(B)**

Follow Figure 9.1(B) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figure 9.3(B)**

Follow Figure 9.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figure 9.4(B)**

Follow Figure 9.1(B) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above

# Bilingual Dual Format – Foods Requiring Preparation (continued)

**Figure 9.5(B)**

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

10 point bold type	<b>Nutrition Facts / Valeur nutritive</b>			
7 point type with 9 point leading	Per HM (MM) / pour MD (MM)			
8 point leading	About HM prepared / environ MD préparé			
11 point leading	<table border="1"> <tr> <td></td> <td>As sold Tel que vendu</td> <td>Prepared† Préparé†</td> </tr> </table>		As sold Tel que vendu	Prepared† Préparé†
	As sold Tel que vendu	Prepared† Préparé†		
8 point bold type with 12.5 point leading thick rules – 2 point	<b>Calories</b> <b>####</b> <b>####</b>			
7 point leading	<b>% Daily Value / % valeur quotidienne *</b>			
9 point leading	<b>Fat / Lipides ## g†</b> <b>## %</b> <b>## %</b> Saturated / saturés ## g <b>## %</b> <b>## %</b> + Trans / trans ## g			
11.5 point leading	<b>Carbohydrate / Glucides ## g</b> Fibre / Fibres ## g Sugars / Sucres ## g <b>## %</b> <b>## %</b>			
No rules, 7 point leading	<b>Protein / Protéines ## g</b> <b>Cholesterol / Cholestérol ### mg</b> <b>Sodium #### mg</b> <b>## %</b> <b>## %</b>			
12 point leading	Potassium #### mg <b>## %</b> <b>## %</b> Calcium ### mg <b>## %</b> <b>## %</b> Iron / Fer ## mg <b>## %</b> <b>## %</b>			
	† Amount in food as sold. / Teneur de l'aliment tel que vendu. ‡ HM of the added food adds [show the amount of nutrients that are added by that food as illustrated in the box to the right]. / MD d'éléments ajoutés [montrez des éléments nutritifs ajoutés par cet aliment tel qu'illustré dans l'encadré à droite].			
	* 5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b> 15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>			

† HM of the added food adds ### Calories, ## g fat, (## g saturated fat, ## g trans fat), ## g carbohydrate, (## g fibre, ## g sugars), ## g protein, ### mg cholesterol, ### mg sodium. / MD d'éléments ajoutés ajoute ### Calories, ## g lipides, (## g lipides saturés, ## g lipides trans), ## g glucides, (## g fibres, ## g sucres), ## g protéines, ### mg cholestérol, ### mg sodium.

Note: Same format specifications as in Figure 9.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 9.6(B)**

Follow Figure 9.5(B) except:

- As sold/prepared subheading: 10 point leading where there is a rule above
- Calories: 11.5 point leading
- Daily value subheading: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

# Aggregate Format – Different Kinds of Foods

**Figure 10.1(E)**

<b>Nutrition Facts</b>	<b>Food 1</b>	<b>Food 2</b>	<b>Food 3</b>
Per HM	(MM)	(MM)	(MM)
<b>Calories</b>	<b>####</b>	<b>####</b>	<b>####</b>
	<b>Amount</b> % DV*	<b>Amount</b> % DV*	<b>Amount</b> % DV*
<b>Fat</b>	## g ## %	## g ## %	## g ## %
Saturated + Trans	## g ## %	## g ## %	## g ## %
<b>Carbohydrate</b>	## g	## g	## g
Fibre	## g	## g	## g
Sugars	## g ## %	## g ## %	## g ## %
<b>Protein</b>	## g	## g	## g
<b>Cholesterol</b>	### mg	### mg	### mg
<b>Sodium</b>	#### mg ## %	#### mg ## %	#### mg ## %
Potassium	#### mg ## %	#### mg ## %	#### mg ## %
Calcium	#### mg ## %	#### mg ## %	#### mg ## %
Iron	## mg ## %	## mg ## %	## mg ## %
*DV = Daily Value (5% or less is <b>a little</b> , 15% or more is <b>a lot</b> )			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

**Figure 10.1(F)**

<b>Valeur nutritive</b>	<b>Aliment 1</b>	<b>Aliment 2</b>	<b>Aliment 3</b>
pour MD	(MM)	(MM)	(MM)
<b>Calories</b>	<b>####</b>	<b>####</b>	<b>####</b>
	<b>Teneur</b> % VQ*	<b>Teneur</b> % VQ*	<b>Teneur</b> % VQ*
<b>Lipides</b>	## g ## %	## g ## %	## g ## %
saturés + trans	## g ## %	## g ## %	## g ## %
<b>Glucides</b>	## g	## g	## g
Fibres	## g	## g	## g
Sucres	## g ## %	## g ## %	## g ## %
<b>Protéines</b>	## g	## g	## g
<b>Cholestérol</b>	### mg	### mg	### mg
<b>Sodium</b>	#### mg ## %	#### mg ## %	#### mg ## %
Potassium	#### mg ## %	#### mg ## %	#### mg ## %
Calcium	#### mg ## %	#### mg ## %	#### mg ## %
Fer	## mg ## %	## mg ## %	## mg ## %
*VQ = valeur quotidienne (5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b> )			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Aggregate Format – Different Kinds of Foods (*continued*)

## **Figures 10.2(E) and (F)**

Follow Figures 10.1(E) and (F) except:

- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

## **Figures 10.3(E) and (F)**

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

## **Figures 10.4(E) and (F)**

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point

## Aggregate Format – Different Kinds of Foods (*continued*)

### **Figures 10.5(E) and (F)**

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading

### **Figures 10.6(E) and (F)**

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

# Bilingual Aggregate Format – Different Kinds of Foods

**Figure 11.1(B)**

<b>Nutrition Facts / Valeur nutritive</b>							
Per HM pour MD		Food 1 Aliment 1 (MM)		Food 2 Aliment 2 (MM)		Food 3 Aliment 3 (MM)	
<b>Calories</b>		####		####		####	
		Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Fat / Lipides</b>		## g	## %	## g	## %	## g	## %
Saturated / saturés		## g	## %	## g	## %	## g	## %
+ Trans / trans		## g	## %	## g	## %	## g	## %
<b>Carbohydrate / Glucides</b>		## g		## g		## g	
Fibre / Fibres		## g		## g		## g	
Sugars / Sucres		## g	## %	## g	## %	## g	## %
<b>Protein / Protéines</b>		## g		## g		## g	
<b>Cholesterol / Cholestérol</b>		### mg		### mg		### mg	
<b>Sodium</b>		#### mg	## %	#### mg	## %	#### mg	## %
Potassium		#### mg	## %	#### mg	## %	#### mg	## %
Calcium		#### mg	## %	#### mg	## %	#### mg	## %
Iron / Fer		## mg	## %	## mg	## %	## mg	## %

\*DV = Daily Value / VQ = valeur quotidienne  
 5% or less is **a little**, 15% or more is **a lot** / 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
 French terms may appear first.

# Bilingual Aggregate Format – Different Kinds of Foods (continued)

## Figure 11.2(B)

Follow Figure 11.1(B) except:

- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 13 point leading where there is a thick rule above

## Figure 11.3(B)

Follow Figure 11.1(B) except:

- All text is in condensed font
- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 13 point leading where there is a thick rule above

## Figure 11.4(B)

Follow Figure 11.1(B) except:

- All text is in condensed font
- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above



# Bilingual Aggregate Format – Different Kinds of Foods (continued)

**Figure 11.5(B)**

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

<b>Nutrition Facts / Valeur nutritive</b>						
	<b>Food 1 Aliment 1</b>		<b>Food 2 Aliment 2</b>		<b>Food 3 Aliment 3</b>	
7 point type with 7 point leading →	Per HM					
8 point leading →	pour MD	(MM)	(MM)	(MM)	(MM)	(MM)
8 point bold type with 13 point leading →	<b>Calories</b>	<b>####</b>	<b>####</b>	<b>####</b>	<b>####</b>	<b>####</b>
		<b>Amount</b>	<b>% DV*</b>	<b>Amount</b>	<b>% DV*</b>	<b>Amount</b>
		<b>Teneur</b>	<b>% VQ*</b>	<b>Teneur</b>	<b>% VQ*</b>	<b>Teneur</b>
9 point leading →	<b>Fat / Lipides</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	Saturated / saturés	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	+ Trans / trans	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	<b>Carbohydrate / Glucides</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	Fibre / Fibres	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	Sugars / Sucres	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	<b>Protein / Protéines</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>	<b>## %</b>	<b>## g</b>
	<b>Cholesterol / Cholestérol</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>
	<b>Sodium</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>
11.5 point leading →	Potassium	<b>### mg</b>	<b>## %</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>
No rules, 7 point leading →	Calcium	<b>### mg</b>	<b>## %</b>	<b>### mg</b>	<b>## %</b>	<b>### mg</b>
	Iron / Fer	<b>## mg</b>	<b>## %</b>	<b>## mg</b>	<b>## %</b>	<b>## mg</b>
6 point type with 11 point leading →	* DV = Daily Value / VQ = valeur quotidienne					
7 point leading →	5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>					

← thick rules – 2 point

Note: Same format specifications as in Figure 11.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 11.6(B)**

Follow Figure 11.5(B) except:

- Serving size: 7.5 point type
- Calories: 12 point leading
- Amount/% DV subheading: 11 point leading where there is a rule above
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above

# Dual Format – Different Amounts of Food

Figure 12.1(E)

<b>Nutrition Facts</b>			
Per HM1 (MM1)		HM1	HM2
<b>Calories</b>		####	####
	<b>% Daily Value*</b>		
<b>Fat</b> ## g <sup>†</sup>		## %	## %
Saturated ## g		## %	## %
+ Trans ## g			
<b>Carbohydrate</b> ## g			
Fibre ## g			
Sugars ## g		## %	## %
<b>Protein</b> ## g			
<b>Cholesterol</b> ### mg			
<b>Sodium</b> #### mg		## %	## %
Potassium #### mg		## %	## %
Calcium #### mg		## %	## %
Iron ## mg		## %	## %
† Amount in HM1			
* 5% or less is a <b>little</b>			
15% or more is a <b>lot</b>			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 12.1(F)

<b>Valeur nutritive</b>			
pour MD1 (MM1)		MD1	MD2
<b>Calories</b>		####	####
	<b>% valeur quotidienne*</b>		
<b>Lipides</b> ## g <sup>†</sup>		## %	## %
saturés ## g		## %	## %
+ trans ## g			
<b>Glucides</b> ## g			
Fibres ## g			
Sucres ## g		## %	## %
<b>Protéines</b> ## g			
<b>Cholestérol</b> ### mg			
<b>Sodium</b> #### mg		## %	## %
Potassium #### mg		## %	## %
Calcium #### mg		## %	## %
Fer ## mg		## %	## %
† Teneur pour MD1			
* 5% ou moins c'est <b>peu</b>			
15% ou plus c'est <b>beaucoup</b>			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

## Dual Format – Different Amounts of Food (*continued*)

### **Figure 12.2(E) and (F)**

Follow Figures 12.1(E) and (F) except:

- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

### **Figure 12.3(E) and (F)**

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

### **Figure 12.4(E) and (F)**

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Household measure subheading: 10 point leading
- Calories: 8 point type with 12 point leading
- Daily value subheading: 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

## Dual Format – Different Amounts of Food (*continued*)

### **Figure 12.5(E) and (F)**

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Household measure subheading: 10 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above

### **Figure 12.6(E) and (F)**

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Household measure subheading: 10 point leading
- Calories: 8 point type with 11 point leading
- Daily value subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

# Bilingual Dual Format – Different Amounts of Food

**Figure 13.1(B)**

<b>Nutrition Facts / Valeur nutritive</b>	
Per HM1 (MM1) / pour MD1 (MM1)	
	HM1 / MD1    HM2 / MD2
<b>Calories</b>	<b>####    ####</b>
	% Daily Value / % valeur quotidienne*
<b>Fat / Lipides</b> ## g <sup>†</sup>	<b>## %    ## %</b>
Saturated / saturés ## g	<b>## %    ## %</b>
+ Trans / trans ## g	<b>## %    ## %</b>
<b>Carbohydrate / Glucides</b> ## g	
Fibre / Fibres ## g	<b>## %    ## %</b>
Sugars / Sucres ## g	<b>## %    ## %</b>
<b>Protein / Protéines</b> ## g	
<b>Cholesterol / Cholestérol</b> ### mg	
<b>Sodium</b> #### mg	<b>## %    ## %</b>
Potassium #### mg	<b>## %    ## %</b>
Calcium #### mg	<b>## %    ## %</b>
Iron / Fer ## mg	<b>## %    ## %</b>
† Amount in HM1 / Teneur pour MD1	
* 5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b>	
15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

**Figure 13.2(B)**

Follow Figure 13.1(B) except:

- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

**Figure 13.3(B)**

Follow Figure 13.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

# Bilingual Dual Format – Different Amounts of Food (continued)

## Figure 13.4(B)

Follow Figure 13.1(B) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Daily value subheading: 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above

## Figure 13.5(B)

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

<b>Nutrition Facts / Valeur nutritive</b>			
Per HM1 (MM1) / pour MD1 (MM1)			
	HM1 / MD1	HM2 / MD2	
<b>Calories</b>	####	####	
% Daily Value / % valeur quotidienne*			
<b>Fat / Lipides</b> ## g <sup>†</sup>	## %	## %	
Saturated / saturés ## g	## %	## %	
+ Trans / trans ## g	## %	## %	
<b>Carbohydrate / Glucides</b> ## g			
Fibre / Fibres ## g			
Sugars / Sucres ## g	## %	## %	
<b>Protein / Protéines</b> ## g			
<b>Cholesterol / Cholestérol</b> ### mg			
<b>Sodium</b> ### mg	## %	## %	
Potassium ### mg	## %	## %	
Calcium ### mg	## %	## %	
Iron / Fer ## mg	## %	## %	
† Amount in HM1 / Teneur pour MD1			
* 5% or less is a little / 5% ou moins c'est peu 15% or more is a lot / 15% ou plus c'est beaucoup			

All dagger symbols in regular type, same point size as other text on same line, but in superscript position

Note: Same format specifications as in Figure 13.1(B) except as otherwise indicated.  
French terms may appear first.

## Figure 13.6(B)

Follow Figure 13.5(B) except:

- Household measure subheading: 10 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 10.5 point leading where there is a thick rule above and 8.5 point leading where there is a thin rule above

# Aggregate Format – Different Amounts of Food

Figure 14.1(E)

<b>Nutrition Facts</b>	Per HM1 (MM1)		Per HM2 (MM2)	
<b>Calories</b>	####		####	
	Amount	% DV*	Amount	% DV*
<b>Fat</b>	## g	## %	## g	## %
Saturated + Trans	## g	## %	## g	## %
<b>Carbohydrate</b>	## g		## g	
Fibre	## g		## g	
Sugars	## g	## %	## g	## %
<b>Protein</b>	## g		## g	
<b>Cholesterol</b>	### g		### g	
<b>Sodium</b>	#### mg	## %	#### mg	## %
Potassium	#### mg	## %	#### mg	## %
Calcium	#### mg	## %	#### mg	## %
Iron	## mg	## %	## mg	## %

\* DV = Daily Value  
5% or less is **a little**, 15% or more is **a lot**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 14.1(F)

<b>Valeur nutritive</b>	pour MD1 (MM1)		pour MD2 (MM2)	
<b>Calories</b>	####		####	
	Teneur	% VQ*	Teneur	% VQ*
<b>Lipides saturés + trans</b>	## g	## %	## g	## %
<b>Glucides</b>	## g		## g	
Fibres	## g		## g	
Sucres	## g	## %	## g	## %
<b>Protéines</b>	## g		## g	
<b>Cholestérol</b>	### g		### g	
<b>Sodium</b>	#### mg	## %	#### mg	## %
Potassium	#### mg	## %	#### mg	## %
Calcium	#### mg	## %	#### mg	## %
Fer	## mg	## %	## mg	## %

\* VQ = valeur quotidienne  
5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Aggregate Format – Different Amounts of Food (continued)

## **Figures 14.2(E) and (F)**

Follow Figures 14.1(E) and (F) except:

- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figures 14.3(E) and (F)**

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figures 14.4(E) and (F)**

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 8 point leading
- Amount/% DV subheading: 11 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point



# Aggregate Format – Different Amounts of Food (continued)

## **Figures 14.5(E) and (F)**

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

## **Figures 14.6(E) and (F)**

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 8 point leading
- Amount/% DV subheading: 11 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

# Bilingual Aggregate Format – Different Amounts of Food

**Figure 15.1(B)**

<b>Nutrition Facts</b>	Per	HM1 (MM1)	HM2 (MM2)
<b>Valeur nutritive</b>	par	MD1 (MM1)	MD2 (MM2)
<b>Calories</b>		####	####
		Amount	Amount
		Teneur	Teneur
		% DV*	% DV*
		% VQ*	% VQ*
<b>Fat / Lipides</b>		## g	## g
Saturated / saturés		## g	## g
+ Trans / trans		## g	## g
<b>Carbohydrate / Glucides</b>		## g	## g
Fibre / Fibres		## g	## g
Sugars / Sucres		## g	## g
<b>Protein / Protéines</b>		## g	## g
<b>Cholesterol / Cholestérol</b>		### mg	### mg
<b>Sodium</b>		#### mg	#### mg
		## %	## %
Potassium		#### mg	#### mg
		## %	## %
Calcium		#### mg	#### mg
		## %	## %
Iron / Fer		## mg	## mg
		## %	## %
* DV = Daily Value		5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
VQ = valeur quotidienne		5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

**Figure 15.2(B)**

Follow Figure 15.1(B) except:

- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

**Figure 15.3(B)**

Follow Figure 15.1(B) except:

- All text is in condensed font
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

# Bilingual Aggregate Format – Different Amounts of Food (continued)

## Figure 15.4(B)

Follow Figure 15.1(B) except:

- All text is in condensed font
- Serving size: 6 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is thick rule above
- Footnote: 11 point leading where there is a thick rule above

## Figure 15.5(B)

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

<b>Nutrition Facts</b>		Per	HM1 (MM1)	HM2 (MM2)
<b>Valeur nutritive</b>		par	MD1 (MM1)	MD2 (MM2)
<b>Calories</b>			####	####
			Amount % DV*	Amount % DV*
			Teneur % VQ*	Teneur % VQ*
<b>Fat / Lipides</b>			## g ## %	## g ## %
Saturated / saturés			## g ## %	## g ## %
+ Trans / trans			## g ## %	## g ## %
<b>Carbohydrate / Glucides</b>			## g	## g
Fibre / Fibres			## g	## g
Sugars / Sucres			## g ## %	## g ## %
<b>Protein / Protéines</b>			## g	## g
<b>Cholesterol / Cholestérol</b>			### mg	### mg
<b>Sodium</b>			### mg ## %	### mg ## %
Potassium			### mg ## %	### mg ## %
Calcium			### mg ## %	### mg ## %
Iron / Fer			## mg ## %	### mg ## %

\* DV = Daily Value / VQ = valeur quotidienne  
5% or less is **a little** / 5% ou moins c'est **peu**  
15% or more is **a lot** / 15% ou plus c'est **beaucoup**

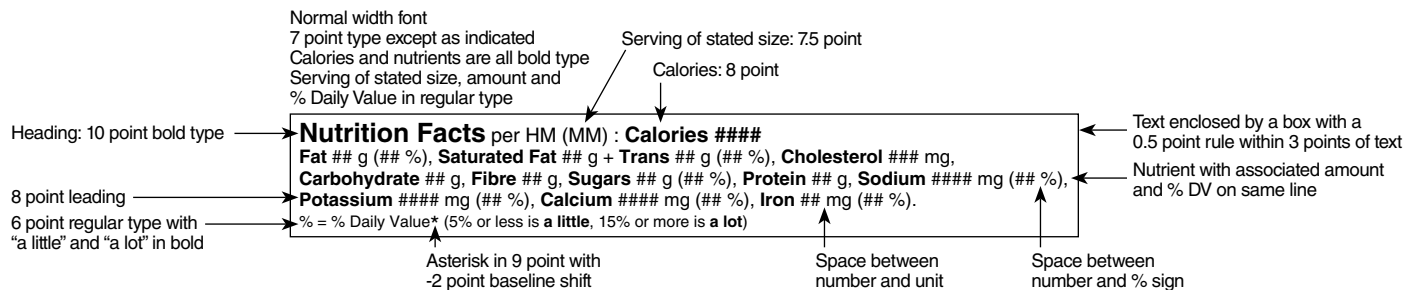
Note: Same format specifications as in Figure 15.1(B) except as otherwise indicated.  
French terms may appear first.

## Figure 15.6(B)

- Follow Figure 15.5(B) except:
- Amount/% DV subheading: 10 point leading where there is a rule above
- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is thick rule above

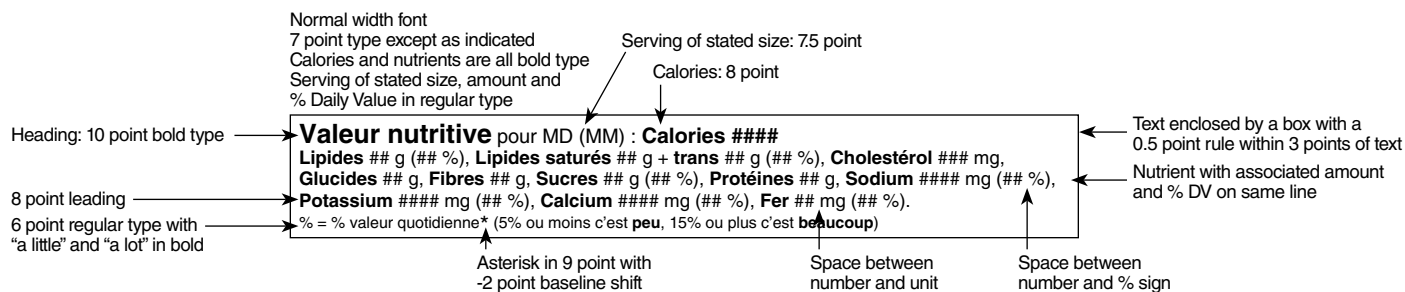
# Linear Format

**Figure 16.1(E)**



Note: Number of lines may vary according to available display surface.  
 Texts of Figures 16.1(E) and (F) may be displayed adjacent to one another within the same box.

**Figure 16.1(F)**



Note: Number of lines may vary according to available display surface.  
 Texts of Figures 16.1(E) and (F) may be displayed adjacent to one another within the same box.

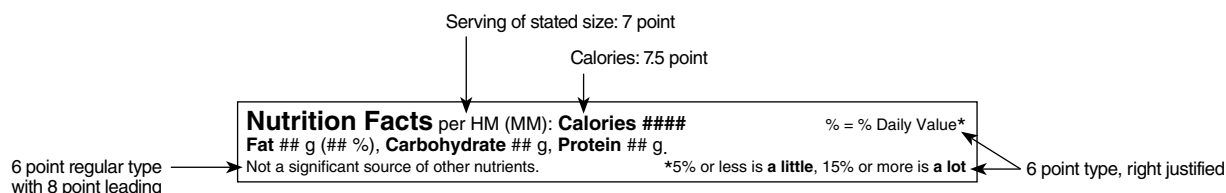
**Figure 16.2(E) and (F)**

Follow Figures 16.1(E) and (F) except:

- Serving size: 6.5 point type
- Calories: 7 point type
- Nutrients: 6 point type
- Leading for all: 7 point

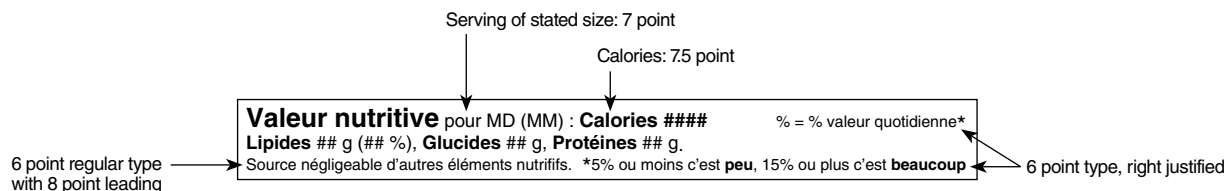
# Simplified Linear Format

**Figure 17.1(E)**



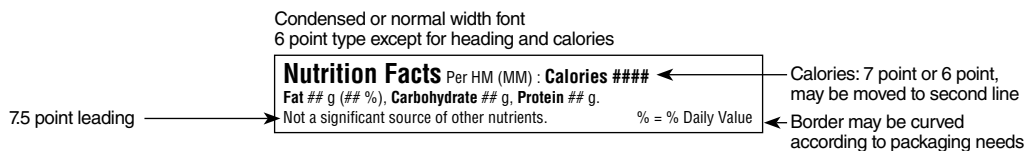
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

**Figure 17.1(F)**



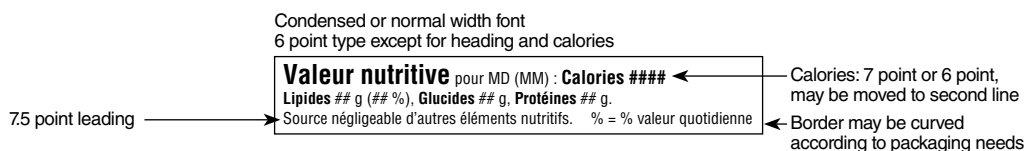
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

**Figure 17.2(E)**



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

**Figure 17.2(F)**



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

# Presentation of Additional Information

Including all optional elements that may be declared in the Nutrition Facts table

**Figure 18.1(E)** See tables to sections B.01.401 and B.01.402 for wording alternatives

<b>Nutrition Facts</b>	
Serving Size HM (MM)	
Servings Per Container ##	
<b>Calories ##### (#### kJ)</b>	<b>% Daily Value*</b>
<b>Total Fat ## g</b>	<b>## %</b>
Saturated ## g	## %
+ Trans ## g	## %
Omega-6 Polyunsaturated ## g	
Omega-3 Polyunsaturated ## g	
Monosaturated ## g	
<b>Total Carbohydrate ## g</b>	
Dietary Fibre ## g	
→ Soluble Fibre ## g	
Insoluble Fibre ## g	
Sugars ## g	## %
Sugar Alcohols ## g	
Starch ## g	
<b>Protein ## g</b>	
<b>Cholesterol ### mg</b>	
<b>Sodium ##### mg</b>	<b>## %</b>
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
Vitamin A ### µg	## %
Vitamin C ## mg	## %
Vitamin D ## µg	## %
Vitamin E ## mg	## %
Vitamin K ## µg	## %
Thiamine ## mg	## %
Riboflavin ## mg	## %
Niacin ## mg	## %
Vitamin B6 ## mg	## %
Folate ### µg DFE	## %
Vitamin B12 ## µg	## %
Biotin ## µg	## %
Choline ### mg	## %
Pantothenate ## mg	## %
Phosphorous ##### mg	## %
Iodide ### µg	## %
Magnesium ### mg	## %
Zinc ## mg	## %
Selenium ## µg	## %
Copper ### mg	## %
Manganese ## mg	## %
Chromium ## µg	## %
Molybdenum ## µg	## %
Chloride ##### mg	## %
*5% or less is <b>a little</b>	
15% or more is <b>a lot</b>	

Polyunsaturated ## g  
 Omega-6 ## g  
 Omega-3 ## g

6 point indent

6 point indent

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

Note: In respect of matters other than the order of presentation and the use of indents, follow the format that is specified in the applicable figure of this Directory.

# Presentation of Additional Information (*continued*)

Including all optional elements that may be declared in the Nutrition Facts table

**Figure 18.1(F)** See tables to sections B.01.401 and B.01.402 for wording alternatives

<b>Valeur nutritive</b>	
Portion MD (MM)	
Portions par contenant ##	
<b>Calories ##### (#### kJ)</b>	% valeur quotidienne*
<b>Total des lipides ## g</b>	## %
saturés ## g	## %
+ trans ## g	## %
polyinsaturés oméga-6 ## g	} or Polyinsaturés ## g oméga-6 ## g oméga-3 ## g
polyinsaturés oméga-3 ## g	
monoinsaturés ## g	
<b>Total des glucides ## g</b>	
Fibres alimentaires ## g	
→ Fibres solubles ## g	
Fibres insolubles ## g	
Sucres ## g	## %
Polyalcools ## g	
Amidon ## g	
<b>Protéines ## g</b>	
<b>Cholestérol ### mg</b>	
<b>Sodium ##### mg</b>	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
Vitamine A ### µg	## %
Vitamine C ## mg	## %
Vitamine D ## µg	## %
Vitamine E ## mg	## %
Vitamine K ## µg	## %
Thiamine ## mg	## %
Riboflavine ## mg	## %
Niacine ## mg	## %
Vitamine B6 ## mg	## %
Folate ### µg ÉFA	## %
Vitamine B12 ## µg	## %
Biotine ## µg	## %
Choline ### mg	## %
Pantothénate ## mg	## %
Phosphore ##### mg	## %
Iode ### µg	## %
Magnésium ### mg	## %
Zinc ## mg	## %
Sélénium ## µg	## %
Cuivre ### mg	## %
Manganèse ## mg	## %
Chrome ## µg	## %
Molybdène ## µg	## %
Chlorure ##### mg	## %
*5% ou moins c'est <b>peu</b> 15% ou plus c'est <b>beaucoup</b>	

6 point indent →

6 point indent ↑

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

Note: In respect of matters other than the order of presentation and the use of indents, follow the format that is specified in the applicable figure of this Directory.

# Bilingual Presentation of Additional Information

Including all optional elements that may be declared in the Nutrition Facts table

## Figure 19.1(B)

See tables to sections B.01.401 and B.01.402 for wording alternatives

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size HM (MM) / Portion MD (MM)	
Servings Per Container ##	
Portions par contenant ##	
<b>Calories ##### (##### kJ)</b>	<b>% Daily Value* % valeur quotidienne</b>
<b>Total Fat / Lipides ## g</b>	<b>## %</b>
Saturated / saturés ## g	## %
+ Trans / trans ## g	## %
Polyunsaturated / polyinsaturés ## g	
→ Omega-6 / oméga-6 ## g	
Omega-3 / oméga-3 ## g	
Monounsaturated / monoinsaturés ## g	
<b>Total Carbohydrate / Glucides ## g</b>	
Dietary Fibre / Fibres alimentaires ## g	
→ Soluble Fibre / Fibres solubles ## g	
Insoluble Fibre / Fibres insolubles ## g	
Sugars / Sucres ## g	## %
Sugar Alcohols / Polyalcools ## g	
Starch / Amidon ## g	
<b>Protein / Protéines ## g</b>	
<b>Cholesterol / Cholestérol ### mg</b>	
<b>Sodium ##### mg</b>	<b>## %</b>
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron / Fer ## mg	## %
Vitamin A / Vitamine A ### µg	## %
Vitamin C / Vitamine C ## mg	## %
Vitamin D / Vitamine D ## µg	## %
Vitamin E / Vitamine E ## mg	## %
Vitamin K / Vitamine K ## µg	## %
Thiamine ## mg	## %
Riboflavin / Riboflavine ## mg	## %
Niacin / Niacine ## mg	## %
Vitamin B6 / Vitamine B6 ## mg	## %
Folate ### µg DFE / ÉFA	## %
Vitamin B12 / Vitamine B12 ## µg	## %
Biotin / Biotine ## µg	## %
Choline ### mg	## %
Pantothenate / Pantothénate ## mg	## %
Phosphorous / Phosphore ##### mg	## %
Iodide / Iode ### µg	## %
Magnesium / Magnésium ### mg	## %
Zinc ## mg	## %
Selenium / Sélénium ## µg	## %
Copper / Cuivre ### mg	## %
Manganese / Manganèse ## mg	## %
Chromium / Chrome ## µg	## %
Molybdenum / Molybdène ## µg	## %
Chloride / Chlorure ##### mg	## %
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b> 15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>	

Note: In respect of matters other than the order of presentation and the use of indents, follow the format that is specified in the applicable figure of this Directory. French terms may appear first.



# Standard Format

## Infants 7 Months to Under One Year of Age

Figure 20.1(E)

<b>Nutrition Facts</b>	
Per HM (MM)	
<b>Calories ###</b>	
<b>Fat</b>	## g
<b>Carbohydrate</b>	## g
Fibre	## g
Sugars	## g
<b>Protein</b>	## g
<b>Sodium</b>	### mg
% Daily Value*	
Potassium ### mg	## %
Calcium ### mg	## %
Iron ## mg	## %
*5% or less is a <b>little</b>	
15% or more is a <b>lot</b>	

← 13 point leading

← 9 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 20.1(F)

<b>Valeur nutritive</b>	
pour MD (MM)	
<b>Calories ###</b>	
<b>Lipides</b>	## g
<b>Glucides</b>	## g
Fibres	## g
Sucres	## g
<b>Protéines</b>	## g
<b>Sodium</b>	### mg
% valeur quotidienne*	
Potassium ### mg	## %
Calcium ### mg	## %
Fer ## mg	## %
*5% ou moins c'est <b>peu</b>	
15% ou plus c'est <b>beaucoup</b>	

← 13 point leading

← 9 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

### **Figures 20.2(E) and (F)**

Follow Figures 20.1(E) and (F) except:

- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figures 20.3(E) and (F)**

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figures 20.4(E) and (F)**

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

# Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

### **Figures 20.5(E) and (F)**

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

### **Figures 20.6(E) and (F)**

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above.
- Daily value subheading: 11 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 10.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

# Narrow Standard Format

## Infants 7 Months to Under One Year of Age

Figure 21.1(E)

<b>Nutrition Facts</b>	
Per HM (MM)	
<b>Calories ###</b>	
<b>Fat</b>	## g
<b>Carbohydrate</b>	## g
Fibre	## g
Sugars	## g
<b>Protein</b>	## g
<b>Sodium</b>	### mg
	% DV*
Potassium ### mg	## %
Calcium ### mg	## %
Iron ## mg	## %
*DV = Daily Value	
5% or less is <b>a little</b>	
15% or more is <b>a lot</b>	

← 13 point leading (to % DV\*)  
 ← 9 point leading (to Potassium ### mg ## %)  
 ← 7.5 point leading (to 5% or less is a little)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 21.1(F)

<b>Valeur nutritive</b>	
pour MD (MM)	
<b>Calories ###</b>	
<b>Lipides</b>	## g
<b>Glucides</b>	## g
Fibres	## g
Sucres	## g
<b>Protéines</b>	## g
<b>Sodium</b>	### mg
	% VQ*
Potassium ### mg	## %
Calcium ### mg	## %
Fer ## mg	## %
*VQ = valeur quotidienne	
5% ou moins c'est <b>peu</b>	
15% ou plus c'est <b>beaucoup</b>	

← 13 point leading (to % VQ\*)  
 ← 9 point leading (to Potassium ### mg ## %)  
 ← 7.5 point leading (to 5% ou moins c'est peu)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Narrow Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

### **Figures 21.2(E) and (F)**

Follow Figures 21.1(E) and (F) except:

- Heading: 11 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figures 21.3(E) and (F)**

Follow Figures 21.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figures 21.4(E) and (F)**

Follow Figures 21.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

# Bilingual Standard Format

## Infants 7 Months to Under One Year of Age

Figure 22.1(B)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per HM (MM)	
pour MD (MM)	
<b>Calories ###</b>	
<b>Fat / Lipides</b>	## g
<b>Carbohydrate / Glucides</b>	## g
Fibre / Fibres	## g
Sugars / Sucres	## g
<b>Protein / Protéines</b>	## g
<b>Sodium</b>	### mg
% Daily Value / % valeur quotidienne*	
Potassium ### mg	## %
Calcium ### mg	## %
Iron / Fer ## mg	## %
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b>	
15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
French terms may appear first.

# Bilingual Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

### **Figure 22.2(B)**

Follow Figure 22.1(B) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

### **Figure 22.3(B)**

Follow Figure 22.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

### **Figure 22.4(B)**

Follow Figure 22.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 9 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Daily value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above

# Bilingual Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

**Figure 22.5(B)**

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

10 point bold type with 11 point leading	<b>Nutrition Facts</b>	
7 point type with 9 point leading	<b>Valeur nutritive</b>	
	Per HM (MM)	
	par MD (MM)	8 point leading
8 point bold type with 12 point leading	<b>Calories ###</b>	
11.5 point leading	<b>Fat / Lipides</b>	## g
9 point leading	<b>Carbohydrate / Glucides</b>	## g
	Fibre / Fibres	## g
7 point leading	Sugars / Sucres	## g
	<b>Protein / Protéines</b>	## g
	<b>Sodium</b>	## mg
11 point leading	<b>% Daily Value / % valeur quotidienne*</b>	
	Potassium ### mg	## %
7 point leading	Calcium ### mg	## %
	Iron / Fer ## mg	## %
11 point leading	*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

Thick rules – 2 point

6 point regular type with 7 point leading and with "a little," "a lot," "peu" and "beaucoup" in bold

Note: Same format specifications as in Figure 22.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 22.6(B)**

Follow Figure 22.5(B) except:

- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above; 10.5 point leading where there is a Calories rule above
- Daily value subheading: 10 point leading
- Footnote: 10 point leading on first line where there is a thick rule above

**Figure 22.7(B)**

Follow Figure 22.5(B) except:

- Heading: 9 point type with 9 point leading
- Serving size: 8 point leading on first line and 7 point leading on second line of stack (if needed).
- Calories: 10 point leading
- Nutrients: 6 point leading where there is no rule; 7 point leading where there is a thin rule above; 10 point leading where there is a Calories rule above
- Daily value subheading: 9 point leading
- Footnote: 6 point leading where there is no rule and 9 point leading on first line where there is a thick rule above
- Top rule: reduced to 0.75 point.
- Thick rules: reduced to 1.5 point.
- Outer box: 0.25 point
- Text inset: 1 point



# Bilingual Horizontal Format Infants 7 Months to Under One Year of Age

**Figure 23.1(B)**

<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Fat / Lipides</b> ## g	<b>Carbohydrate / Glucides</b> ## g
		<b>Protein / Protéines</b> ## g	<b>Fibre / Fibres</b> ## g
		<b>Sodium</b> ### mg	<b>Sugars / Sucres</b> ## g
Per HM (MM) pour MD (MM)		Potassium ### mg (## %) • Calcium ### mg (## %) • Iron / Fer ## mg (## %)	
<b>Calories ###</b>		% = % Daily Value      5% or less is a little, 15% or more is a lot % = % valeur quotidienne      5% ou moins c'est peu, 15% ou plus c'est beaucoup	

11 point leading (to heading)

11 point leading (to Per HM/MD)

12 point leading (to Calories)

9 point leading (to Carbohydrate/Fibre)

13 point leading (to Potassium/Calcium/Iron)

10 point leading (to % Daily Value)

7 point leading (to % valeur quotidienne)

Bullet separating minerals, space before and after bullet

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 23.2(B)**

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 10 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 11 point leading
- Nutrients: 6 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12 point leading where there is a thick rule above

**Figure 23.3(B)**

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 10 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 12 point leading where there is a thick rule above
- Thin rules: reduced to 0.25 point

**Figure 23.4(B)**

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 6.5 point type with 9 point leading on first line and 7 point leading on second line of stack
- Calories: 7.5 point type with 9 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 8 point leading where there is a thin rule above and 12 point leading where there is a thick rule above
- Footnote: 6 point leading where there is no rule and 9 point leading where there is a thin rule above
- Thin rules: reduced to 0.25 point

# Simplified Standard Format Infants 7 Months to Under One Year of Age

**Figure 24.1(E)**

12 point bold type	<b>Nutrition Facts</b>
	Per HM (MM)
	<b>Calories ###</b>
	<b>Fat</b> ## g
	<b>Carbohydrate</b> ## g
	<b>Protein</b> ## g
13 point leading	Not a significant source of fibre, sugars, sodium, potassium, calcium or iron.
	6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

**Figure 24.1(F)**

12 point bold type	<b>Valeur nutritive</b>
	pour MD (MM)
	<b>Calories ###</b>
	<b>Lipides</b> ## g
	<b>Glucides</b> ## g
	<b>Protéines</b> ## g
13 point leading	Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.
	6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

## Figures 24.2(E) and (F)

Follow Figures 24.1(E) and (F) except:

- Serving size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

# Simplified Standard Format

## Infants 7 Months to Under One Year of Age (*continued*)

### **Figures 24.3(E) and (F)**

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Serving size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

### **Figures 24.4(E) and (F)**

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

### **Figures 24.5(E) and (F)**

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above

### **Figures 24.6(E) and (F)**

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 11.5 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

# Bilingual Simplified Standard Format Infants 7 Months to Under One Year of Age

**Figure 25.1(B)**

14 point leading	→	<b>Nutrition Facts</b>	
		<b>Valeur nutritive</b>	
10 point leading	→	Per HM (MM)	
		pour MD (MM)	
		<b>Calories ###</b>	
		<b>Fat / Lipides</b>	## g
Space before and after forward slash	→	<b>Carbohydrate / Glucides</b>	## g
		<b>Protein / Protéines</b>	## g
13 point leading	→	Not a significant source of fibre, sugars, sodium, potassium, calcium, or iron.	
10 point leading	→	Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.	
			← 6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
French terms may appear first.

**Figure 25.2(B)**

Follow Figure 25.1(B) except:

- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

**Figure 25.3(B)**

Follow Figure 25.1(B) except:

- All text is in condensed font
- Serving size: 8 point type with 10 point leading on first line and 9 point leading on second line of stack
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.

**Figure 25.4(B)**

Follow Figure 25.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 9 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

# Bilingual Simplified Standard Format Infants 7 Months to Under One Year of Age (*continued*)

**Figure 25.5(B)**

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

10 point bold type with 11 point leading	<b>Nutrition Facts</b>	
8 point leading	<b>Valeur nutritive</b>	
6 point type with 7 point leading	Per HM (MM)	
6 point type with 7 point leading	pour MD (MM)	
8 point bold type with 12 point leading	<b>Calories ###</b>	
11.5 point leading	<b>Fat / Lipides</b>	## g
9 point leading	<b>Carbohydrate / Glucides</b>	## g
9 point leading	<b>Protein / Protéines</b>	## g
11 point leading	Not a significant source of other nutrients.	
9 point leading	Source négligeable d'autres éléments nutritifs.	

thick rule – 2 point

Note: Same format specifications as in Figure 25.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 25.6(B)**

Follow Figure 25.5(B) except:

- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick Calories rule above
- Footnote: 10 point leading where there is a thick rule above and 8 point leading where there is a thin rule above

# Bilingual Simplified Horizontal Format Infants 7 Months to Under One Year of Age

**Figure 26.1(B)**

<p><b>Nutrition Facts</b> <b>Valeur nutritive</b></p> <p>Per HM (MM) pour MD (MM)</p> <p><b>Calories ###</b></p>	<b>Fat / Lipides</b> ## g	
	<b>Carbohydrate / Glucides</b> ## g	← 11 point leading
	<b>Protein / Protéines</b> ## g	← thick rule – 2.5 point
	Not a significant source of fibre, sugars, sodium, potassium, calcium, or iron.	← 13 point leading
	Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.	← 6 point type with 7 point leading ← 10 point leading

14 point leading →

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 26.2(B)**

Follow Figure 26.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving size: 7 point type with 12 point leading on first line and 8 point leading on second line of stack
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 10 point leading
- Footnote: 12 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

**Figure 26.3(B)**

6 point type except as indicated  
Thin rules – 0.25 point

<p><b>Nutrition Facts</b> <b>Valeur nutritive</b></p> <p>Per HM (MM) pour MD (MM)</p> <p><b>Calories ###</b></p>	<b>Fat / Lipides</b> ## g	
	<b>Carbohydrate / Glucides</b> ## g	← 10 point leading
	<b>Protein / Protéines</b> ## g	
	Not a significant source of other nutrients. / Source négligeable d'autres éléments nutritifs.	← 12 point leading

10 point bold type with 11 point leading →

6.5 point type with 10.5 point leading →

7.5 point leading →

7.5 point bold type with 11.5 point leading →

Note: Same format specifications as in Figure 26.1(B) except as otherwise indicated.  
French terms may appear first.

**Figure 26.4(B)**

Follow Figure 26.3(B) except:

- Serving size: 9.5 point leading on first line
- Calories: 10.5 point leading

# Aggregate Format – Different Kinds of Foods Infants 7 Months to Under One Year of Age

**Figure 27.1(E)**

<b>Nutrition Facts</b>	Food 1 (MM)	Food 2 (MM)	Food 3 (MM)
Per HM	(MM)	(MM)	(MM)
<b>Calories</b>	###	###	###
	Amount % DV*	Amount % DV*	Amount % DV*
<b>Fat</b>	## g	## g	## g
<b>Carbohydrate</b>	## g	## g	## g
Fibre	## g	## g	## g
Sugars	## g	## g	## g
<b>Protein</b>	## g	## g	## g
<b>Sodium</b>	### mg	### mg	### mg
Potassium	### mg ## %	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %	### mg ## %
Iron	## mg ## %	## mg ## %	## mg ## %
*DV = Daily Value (5% or less is <b>a little</b> , 15% or more is <b>a lot</b> )			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

**Figure 27.1(F)**

<b>Valeur nutritive</b>	Aliment 1 (MM)	Aliment 2 (MM)	Aliment 3 (MM)
pour MD	(MM)	(MM)	(MM)
<b>Calories</b>	###	###	###
	Teneur % VQ*	Teneur % VQ*	Teneur % VQ*
<b>Lipides</b>	## g	## g	## g
<b>Glucides</b>	## g	## g	## g
Fibres	## g	## g	## g
Sucres	## g	## g	## g
<b>Protéines</b>	## g	## g	## g
<b>Sodium</b>	### mg	### mg	### mg
Potassium	### mg ## %	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %	### mg ## %
Fer	## mg ## %	## mg ## %	## mg ## %
*VQ = valeur quotidienne (5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b> )			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

# Aggregate Format – Different Kinds of Foods Infants 7 Months to Under One Year of Age (*continued*)

## **Figures 27.2(E) and (F)**

Follow Figures 27.1(E) and (F) except:

- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

## **Figures 27.3(E) and (F)**

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

## **Figures 27.4(E) and (F)**

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 11.5 point leading
- Amount/DV subheading: 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point



# Aggregate Format – Different Kinds of Foods Infants 7 Months to Under One Year of Age (*continued*)

## **Figures 27.5(E) and (F)**

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading

## **Figures 27.6(E) and (F)**

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Amount/DV subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 6 point type with 11 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point

# Bilingual Aggregate Format – Different Kinds of Foods Infants 7 Months to Under One Year of Age

**Figure 28.1(B)**

<b>Nutrition Facts / Valeur nutritive</b>						
Per HM pour MD	Food 1 Aliment 1		Food 2 Aliment 2		Food 3 Aliment 3	
	(MM)		(MM)		(MM)	
<b>Calories</b>	###		###		###	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Fat / Lipides</b>	## g		## g		## g	
<b>Carbohydrate / Glucides</b>	## g		## g		## g	
Fibre / Fibres	## g		## g		## g	
Sugars / Sucres	## g		## g		## g	
<b>Protein / Protéines</b>	## g		## g		## g	
<b>Sodium</b>	### mg		### mg		### mg	
Potassium	### mg	## %	### mg	## %	### mg	## %
Calcium	### mg	## %	### mg	## %	### mg	## %
Iron / Fer	## mg	## %	## mg	## %	## mg	## %

\* DV = Daily Value  
VQ = valeur quotidienne

5% or less is **a little**, 15% or more is **a lot**  
5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
French terms may appear first.

**Figure 28.2(B)**

Follow Figure 28.1(B) except:

- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

**Figure 28.3(B)**

Follow Figure 28.1(B) except:

- All text is in condensed font
- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

# Bilingual Aggregate Format – Different Kinds of Foods Infants 7 Months to Under One Year of Age (*continued*)

## Figure 28.4(B)

Follow Figure 28.1(B) except:

- All text is in condensed font
- Serving size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 8 point type with 13.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

## Figure 28.5(B)

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

<b>Nutrition Facts / Valeur nutritive</b>		<b>Food 1</b>	<b>Food 2</b>	<b>Food 3</b>
Per HM		<b>Aliment 1</b>	<b>Aliment 2</b>	<b>Aliment 3</b>
pour MD		(MM)	(MM)	(MM)
<b>Calories</b>	<b>###</b>	<b>###</b>	<b>###</b>	<b>###</b>
	<b>Amount % DV*</b>	<b>Amount % DV*</b>	<b>Amount % DV*</b>	<b>Amount % DV*</b>
	<b>Teneur % VQ*</b>	<b>Teneur % VQ*</b>	<b>Teneur % VQ*</b>	<b>Teneur % VQ*</b>
<b>Fat / Lipides</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>
<b>Carbohydrate / Glucides</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>
Fibre / Fibres	<b>## g</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>
Sugars / Sucres	<b>## g</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>
<b>Protein / Protéines</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>	<b>## g</b>
<b>Sodium</b>	<b>### mg</b>	<b>### mg</b>	<b>### mg</b>	<b>### mg</b>
Potassium	<b>### mg ## %</b>	<b>### mg ## %</b>	<b>### mg ## %</b>	<b>### mg ## %</b>
Calcium	<b>### mg ## %</b>	<b>### mg ## %</b>	<b>### mg ## %</b>	<b>### mg ## %</b>
Iron / Fer	<b>## mg ## %</b>	<b>## mg ## %</b>	<b>## mg ## %</b>	<b>## mg ## %</b>
* DV = Daily Value		5% or less is <b>a little</b> , 15% or more is <b>a lot</b>		
VQ = valeur quotidienne		5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		

Annotations for Figure 28.5(B):

- 7 point type with 8 point leading → Per HM / pour MD
- 8 point bold type with 13 point leading → **Calories**
- 9 point leading → **Fat / Lipides**
- 11.5 point leading → Potassium
- No rules, 7 point leading → Calcium
- 6 point type with 11 point leading → \* DV = Daily Value
- 7 point leading → VQ = valeur quotidienne
- thick rules – 2 point → **Calories**, **Fat / Lipides**, **Protein / Protéines**, **Sodium**

Note: Same format specifications as in Figure 28.1(B) except as otherwise indicated.  
French terms may appear first.

## Figure 28.6(B)

Follow Figure 28.5(B) except:

- Serving size: 7 point leading on the first line and 8 point leading on the second line of stack
- Calories: 12 point leading
- Amount/DV subheading: 11 point leading where there is a rule above
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above

# Aggregate Format – Different Amounts of Food Infants 7 Months to Under One Year of Age

**Figure 29.1(E)**

<b>Nutrition Facts</b>	Per HM1 (MM1)	Per HM2 (MM2)
<b>Calories</b>	###	###
	<b>Amount % DV*</b>	<b>Amount % DV*</b>
<b>Fat</b>	## g	## g
<b>Carbohydrate</b>	## g	## g
Fibre	## g	## g
Sugars	## g	## g
<b>Protein</b>	## g	## g
<b>Sodium</b>	### mg	### mg
Potassium	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %
Iron	## mg ## %	## mg ## %
* DV = Daily Value 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

**Figure 29.1(F)**

<b>Valeur nutritive</b>	pour MD1 (MM1)	pour MD2 (MM2)
<b>Calories</b>	###	###
	<b>Teneur % VQ*</b>	<b>Teneur % VQ*</b>
<b>Lipides</b>	## g	## g
<b>Glucides</b>	## g	## g
Fibres	## g	## g
Sucres	## g	## g
<b>Protéines</b>	## g	## g
<b>Sodium</b>	### mg	### mg
Potassium	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %
Fer	## mg ## %	## mg ## %
* VQ = valeur quotidienne 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

## Figures 29.2(E) and (F)

Follow Figures 29.1(E) and (F) except:

- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

# Aggregate Format – Different Amounts of Food Infants 7 Months to Under One Year of Age (*continued*)

## **Figures 29.3(E) and (F)**

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

## **Figures 29.4(E) and (F)**

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Amount/DV subheading : 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

## **Figures 29.5(E) and (F)**

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving size: 6 point type with 8 point leading
- Calories: 7 point type with 11.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

## **Figures 29.6(E) and (F)**

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving size: 6 point type with 8 point leading
- Calories: 7 point type with 10.5 point leading
- Amount/DV subheading : 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

# Bilingual Aggregate Format – Different Amounts of Food Infants 7 Months to Under One Year of Age

**Figure 30.1(B)**

Nutrition Facts		Per	HM1 (MM1)	HM2 (MM2)	} or	Per / par	HM1 / MD1	HM2 / MD2
Valeur nutritive		par	MD1 (MM1)	MD2 (MM2)		_____	(MM1)	(MM2)
<b>Calories</b>			###	###				
			Amount	% DV*		Amount	% DV*	
			Teneur	% VQ*		Teneur	% VQ*	
<b>Fat / Lipides</b>			## g	## g				
<b>Carbohydrate / Glucides</b>			## g	## g				
Fibre / Fibres			## g	## g				
Sugars / Sucres			## g	## g				
<b>Protein / Protéines</b>			## g	## g				
<b>Sodium</b>			### mg	### mg				
Potassium			### mg ## %	### mg ## %				
Calcium			### mg ## %	### mg ## %				
Iron / Fer			## mg ## %	## mg ## %				
* DV = Daily Value			5% or less is <b>a little</b> , 15% or more is <b>a lot</b>					
VQ = valeur quotidienne			5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>					

8 point type with 10 point leading

10 point bold type with 10 point leading

9 point bold type with 13.5 point leading

12 point leading

Space before and after forward slash

6 point type with 13 point leading

7 point leading

12 point leading

7 point leading

5 point spacing

"a little," "a lot," "peu" and "beaucoup" in bold

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.  
French terms may appear first.

**Figure 30.2(B)**

Follow Figure 30.1(B) except:

- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

**Figure 30.3(B)**

Follow Figure 30.1(B) except:

- All text is in condensed font
- Serving size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

# Bilingual Aggregate Format – Different Amounts of Food Infants 7 Months to Under One Year of Age (continued)

## Figure 30.4(B)

Follow Figure 30.1(B) except:

- All text is in condensed font
- Serving size: 6 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is thick rule above
- Footnote: 11 point leading where there is a thick rule above

## Figure 30.5(B)

Condensed font  
6 point type except as indicated  
Thin rules – 0.25 point

baseline shift -3 points compared to Nutrition Facts baseline

6 point type with 10 point leading

9 point bold type with 10 point leading

7.5 point bold type with 12 point leading

9 point leading

7 point leading

11.5 point leading

7 point leading

12 point leading

11 point leading

thick rules – 2 point

<b>Nutrition Facts</b>	Per par	HM1 (MM1) MD1 (MM1)	HM2 (MM2) MD2 (MM2)
<b>Valeur nutritive</b>			
<b>Calories</b>		###	###
		Amount % DV*	Amount % DV*
		Teneur % VQ*	Teneur % VQ*
<b>Fat / Lipides</b>		## g	## g
<b>Carbohydrate / Glucides</b>		## g	## g
Fibre / Fibres		## g	## g
Sugars / Sucres		## g	## g
<b>Protein / Protéines</b>		## g	## g
<b>Sodium</b>		## mg	## mg
Potassium		## mg ## %	## mg ## %
Calcium		## mg ## %	## mg ## %
Iron / Fer		## mg ## %	## mg ## %

\* DV = Daily Value / VQ = valeur quotidienne  
5% or less is **a little** / 5% ou moins c'est **peu**  
15% or more is **a lot** / 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 30.1(B) except as otherwise indicated.  
French terms may appear first.

## Figure 30.6(B)

Follow Figure 30.5(B) except:

- Amount/DV subheading: 10 point leading where there is a rule above
- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is thick rule above

# Linear Format

## Infants 7 Months to Under One Year of Age

### Figure 31.1(E)

<b>Nutrition Facts</b> per HM (MM): <b>Calories ###</b> % = % Daily Value* <b>Fat ## g, Carbohydrate ## g, Fibre ## g, Sugars ## g, Protein ## g,</b> <b>Sodium ### mg, Potassium ### mg (## %), Calcium ### mg (## %),</b> <b>Iron ## mg (## %).</b> *5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	← 6 point type, right justified
---	---------------------------------

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

### Figure 31.1(F)

<b>Valeur nutritive</b> pour MD (MM) : <b>Calories ###</b> % = % valeur quotidienne* <b>Lipides ## g, Glucides ## g, Fibres ## g, Sucres ## g, Protéines ## g,</b> <b>Sodium ### mg, Potassium ### mg (## %), Calcium ### mg (## %),</b> <b>Fer ## mg (## %).</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	← 6 point type, right justified
--	---------------------------------

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

### Figure 31.2(E) and (F)

Follow Figures 31.1(E) and (F) except:

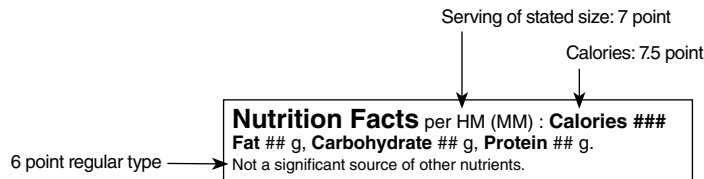
- Serving size: 6.5 point type
- Calories: 7 point type
- Nutrients: 6 point type
- Leading for all: 7 point



# Simplified Linear Format

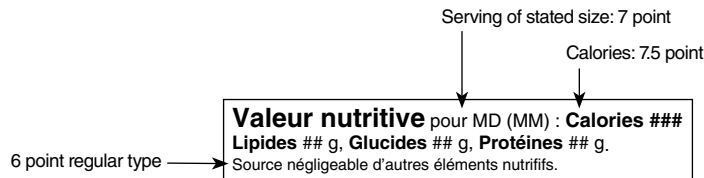
## Infants 7 Months to Under One Year of Age

**Figure 32.1(E)**



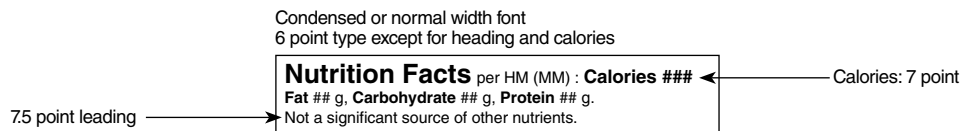
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

**Figure 32.1(F)**



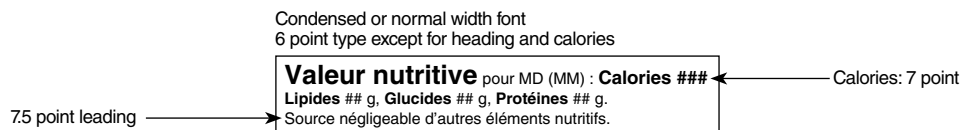
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

**Figure 32.2(E)**



Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

**Figure 32.2(F)**



Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

# Presentation of Additional Information Infants 7 Months to Under One Year of Age

Including all optional elements that may be declared in the Nutrition Facts table

**Figure 33.1(E)** See tables to sections B.01.401 and B.01.402 for wording alternatives

<b>Nutrition Facts</b>	
Serving Size HM (MM)	
Servings Per Container ##	
<b>Calories ##### (#### kJ)</b>	
<b>Amount</b>	or: Amount Per Serving
<b>Total Fat</b> ## g	
Saturated ## g	
+ Trans ## g	
Omega-6 Polyunsaturated ## g	} or Polyunsaturated ## g Omega-6 ## g Omega-3 ## g
Omega-3 Polyunsaturated ## g	
Monounsaturated ## g	
<b>Total Carbohydrate</b> ## g	
Dietary Fibre ## g	
6 point indent → Soluble Fibre ## g	
Insoluble Fibre ## g	
Sugars ## g	
Sugar Alcohols ## g	
Starch ## g	
<b>Protein</b> ## g	
<b>Cholesterol</b> ### mg	
<b>Sodium</b> ##### mg	
or: Amount Per Serving {	
<b>Amount</b>	<b>% Daily Value*</b>
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
Vitamin A ### µg	## %
Vitamin C ## mg	## %
Vitamin D ## µg	## %
Vitamin E ## mg	## %
Vitamin K ## µg	## %
Thiamine ## mg	## %
Riboflavin ## mg	## %
Niacin ## mg	## %
Vitamin B6 ## mg	## %
Folate ### µg DFE	## %
Vitamin B12 ## µg	## %
Biotin ## µg	## %
Choline ### mg	## %
Pantothenate ## mg	## %
Phosphorous ##### mg	## %
Iodide ### µg	## %
Magnesium ### mg	## %
Zinc ## mg	## %
Selenium ## µg	## %
Copper ### mg	## %
Manganese ## mg	## %
Chromium ## µg	## %
Molybdenum ## µg	## %
Chloride ##### mg	## %
*5% or less is a little 15% or more is a lot	

Note: In respect of matters other than the order of presentation and the use of indents, follow the format that is specified in the applicable figure of this Directory.

# Presentation of Additional Information

## Infants 7 Months to Under One Year of Age *(continued)*

Including all optional elements that may be declared in the Nutrition Facts table

**Figure 33.1(F)** See tables to sections B.01.401 and B.01.402 for wording alternatives

<b>Valeur nutritive</b>	
Portion MD (MM)	
Portions par contenant ##	
<b>Calories ##### (#### kJ)</b>	
<b>Teneur</b>	or: <b>Teneur par portion</b>
<b>Total des lipides</b>	## g
saturés	## g
+ trans	## g
polyinsaturés oméga-6	## g
polyinsaturés oméga-3	## g
monoinsaturés	## g
<b>Total des glucides</b>	## g
Fibres alimentaires	## g
6 point indent → Fibres solubles	## g
Fibres insolubles	## g
Sucres	## g
Polyalcools	## g
Amidon	## g
<b>Protéines</b>	## g
<b>Cholestérol</b>	### mg
<b>Sodium</b>	#### mg
or: <b>Teneur par portion</b> {	<b>% valeur quotidienne*</b>
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
Vitamine A ### µg	## %
Vitamine C ## mg	## %
Vitamine D ## µg	## %
Vitamine E ## mg	## %
Vitamine K ## µg	## %
Thiamine ## mg	## %
Riboflavine ## mg	## %
Niacine ## mg	## %
Vitamine B6 ## mg	## %
Folate ### µg ÉFA	## %
Vitamine B12 ## µg	## %
Biotine ## µg	## %
Choline ### mg	## %
Pantothénate ## mg	## %
Phosphore ##### mg	## %
Iode ### µg	## %
Magnésium ### mg	## %
Zinc ## mg	## %
Sélénium ## µg	## %
Cuivre ### mg	## %
Manganèse ## mg	## %
Chrome ## µg	## %
Molybdène ## µg	## %
Chlorure ##### mg	## %
*5% ou moins c'est <b>peu</b> 15% ou plus c'est <b>beaucoup</b>	

Polyinsaturés ## g  
 oméga-6 ## g  
 oméga-3 ## g

6 point indent

6 point indent

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

Note: In respect of matters other than the order of presentation and the use of indents, follow the format that is specified in the applicable figure of this Directory.

# Bilingual Presentation of Additional Information Infants 7 Months to Under One Year of Age

Including all optional elements that may be declared in the Nutrition Facts table

**Figure 34.1(B)**

See tables to sections  
B.01.401 and B.01.402 for  
wording alternatives

<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Serving Size HM (MM) / Portion MD (MM)		
Servings Per Container ##		
Portions par contenant ##		
<b>Calories ##### (#### kJ)</b>	<b>Amount</b>	} or: Amount Per Serving Teneur par portion
	<b>Teneur</b>	
<b>Total Fat / Lipides</b>	## g	
Saturated / saturés	## g	
+ Trans / trans	## g	
Polyunsaturated / polyinsaturés	## g	
Omega-6 / oméga-6	## g	
Omega-3 / oméga-3	## g	
Monounsaturated / monoinsaturés	## g	
<b>Total Carbohydrate / Glucides</b>	## g	
Dietary Fibre / Fibres alimentaires	## g	
Soluble Fibre / Fibres solubles	## g	
Insoluble Fibre / Fibres insolubles	## g	
Sugars / Sucres	## g	
Sugar Alcohols / Polyalcools	## g	
Starch / Amidon	## g	
<b>Protein / Protéines</b>	## g	
<b>Cholesterol / Cholestérol</b>	### mg	
<b>Sodium</b>	#### mg	
<b>Amount</b>	<b>% Daily Value*</b>	} or: Amount Per Serving Teneur par portion
<b>Teneur</b>	<b>% valeur quotidienne</b>	
Potassium ##### mg	## %	
Calcium ##### mg	## %	
Iron / Fer ## mg	## %	
Vitamin A / Vitamine A ### µg	## %	
Vitamin C / Vitamine C ## mg	## %	
Vitamin D / Vitamine D ## µg	## %	
Vitamin E / Vitamine E ## mg	## %	
Vitamin K / Vitamine K ## µg	## %	
Thiamine ## mg	## %	
Riboflavin / Riboflavine ## mg	## %	
Niacin / Niacine ## mg	## %	
Vitamin B6 / Vitamine B6 ## mg	## %	
Folate ### µg DFE / ÉFA	## %	
Vitamin B12 / Vitamine B12 ## µg	## %	
Biotin / Biotine ## µg	## %	
Choline ### mg	## %	
Pantothenate / Pantothénate ## mg	## %	
Phosphorous / Phosphore ##### mg	## %	
Iodide / Iode ### µg	## %	
Magnesium / Magnésium ### mg	## %	
Zinc ## mg	## %	
Selenium / Sélénium ## µg	## %	
Copper / Cuivre ### mg	## %	
Manganese / Manganèse ## mg	## %	
Chromium / Chrome ## µg	## %	
Molybdenum / Molybdène ## µg	## %	
Chloride / Chlorure ##### mg	## %	
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b>		
15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>		

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