

Examining Health Canada's New Nutrition Facts Tables

ESHA Research

March 28, 2017



About ESHA Research

ESHA Research was established in 1981 with the goal of providing a comprehensive nutrition database with few missing values.

Our Solutions Include

- Food Formulation & Labeling Software
- Restaurant Menu Analysis & Labeling Software
- Supplement Formulation & Labeling Software
- Nutrition & Diet Analysis Software
- Consulting Services

Genesis R&D

Food Analysis & Labeling Software

- Released in 1991
- Pre & Post 2016 Label formats
- Product Development
- Menu Analysis
- Nutrient Analysis
- Nutrient Search
- Reporting Features
- Audit Trails
- US, Canada, Mexico, & EU Label Formats
- Labeling & Compliance
 - Allergen Statements
 - Ingredient Statements
 - Nutrient Content Claims



Upcoming Webinars

Restaurant Menu Labeling Regulations and Best Practices | April 11, 2017

May 2017, restaurants, supermarkets, convenience stores, and movie theaters will be required to post calories on menu items. During this 45 minute webinar, we will provide a brief overview of the FDA Menu Labeling regulations, discuss labeling best practices, and demonstrate how the Food Menu Report in Genesis R&D can help you with compliance.

Importing Supplier Ingredients with ESHA Port | May 16, 2017

The FDA finalized the new Nutrition Facts label for packaged foods and supplements to reflect new scientific information and food manufacturers have 1-2 years to update their labels with the newly required label nutrients. As a result, there is an increased pressure for Ingredient suppliers to provide updated nutrition information to their customers. During this webinar we explore how the newest version of the ESHA Port workflow utility can help you streamline data from ingredient suppliers into your Genesis R&D program database.

The Buzz on FDA's Definition of Added Sugars | May 30, 2017

As food manufacturers prepare for compliance there is still some confusion regarding the definition of Added Sugars and how to calculate this new mandatory label nutrient. On May 30th, we will discuss what is considered an Added Sugar (and what is not), best practices for documentation, and Genesis R&D user tips for achieving compliance.

To register or view archived webinars please visit: www.esha.com/news-events/webinars



Today's Agenda

During this 45 minute webinar we will cover:

- Overview of What's Happened
 - Timeline for Compliance
 - New Label Format
 - Nutrient Changes
 - Ingredient List Changes
- Updates in Genesis R&D 11.3
 - Converting to the New Labels
 - Updating Nutrients



Timeline for Compliance

On December 14, 2016, Government of Canada finalized changes to the Nutrition Facts tables and list of ingredients for packaged foods.

- Manufacturers have a five-year compliance period, which started Dec. 14, 2016, and during that time both pre-existing and new Nutrition Facts tables will be seen on grocery store shelves.
- The compliance date for the updated Nutrition Facts tables is December 14, 2021.

Old vs New Label

Nutrition Facts			
Serving Size 1/2 cup (80 g)			
Servings Per Container about 8			
Amount	% Daily Value		
Calories 70			
Fat 1.5 g	2 %		
Saturated 0.3 g	3 %		
+ Trans 0.3 g			
Cholesterol 0 mg			
Sodium 250 mg	10 %		
Carbohydrate 11 g	4 %		
Fibre 3 g	12 %		
Sugars 3 g			
Protein 4 g			
Vitamin A 20 %	Vitamin C 15 %		
Calcium 2 %	Iron 8 %		

Nutrition Facts	
Serving Size 1/2 cup (80 g)	
Servings Per Container about 8	
Calories 70	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.3 g	3 %
+ Trans 0.3 g	
Carbohydrate 11 g	
Fibre 3 g	12 %
Sugars 3 g	3 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 20 mg	2 %
Iron 1.25 mg	6 %
*5% or less is a little, 15% or more is a lot	

Note: Both the pre-existing and new label formats will be available in Genesis as we transition through effective and compliance date timelines. The format options will include the appropriate regulations for both. Be mindful with your labeling and remember, our Support team is on hand to help you out.

Key Changes

- More prominent display of serving size and Calories
- Modified serving-size definitions
- Percent daily value for total sugars
- Updated list of mandatory label nutrients
- A new footnote that explains how to use the % DV
- Improved legibility for ingredients list and allergen information
- Grouping of sugar-based ingredients in the ingredient statement

Nutrition Facts	
Serving Size 1/2 cup (80 g)	
Servings Per Container about 8	
Calories 70	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.3 g	3 %
+ Trans 0.3 g	
Carbohydrate 11 g	
Fibre 3 g	12 %
Sugars 3 g	3 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 20 mg	2 %
Iron 1.25 mg	6 %
*5% or less is a little, 15% or more is a lot	

Ingredients: Sugars (fancy molasses, brown sugar, sugar)

Nutrient Changes

Potassium

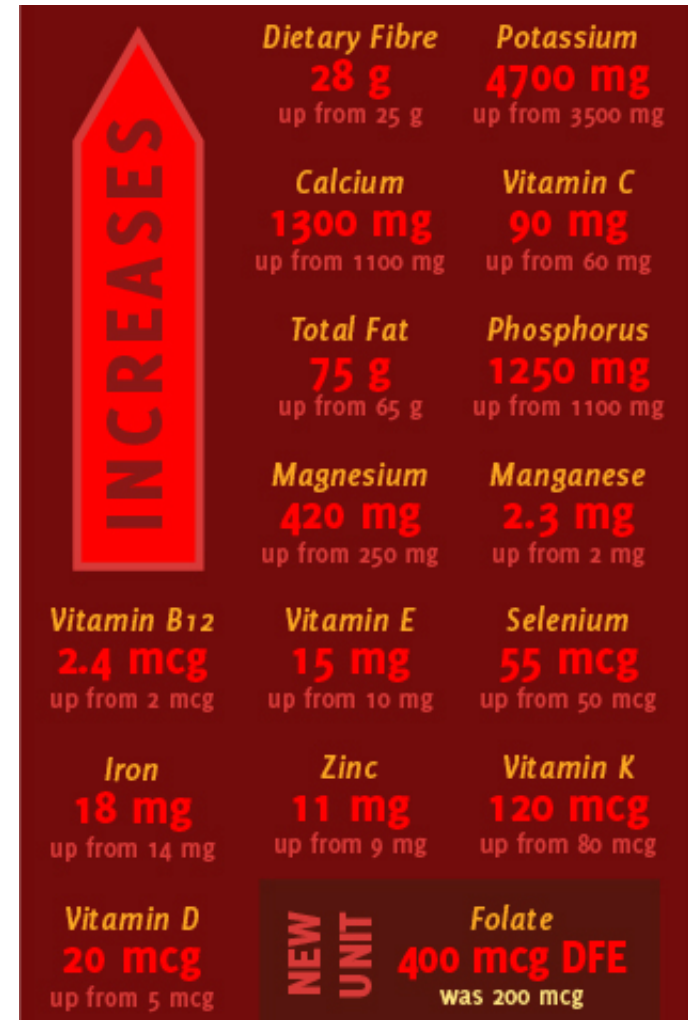
- New Core Nutrient
- 4700 mg (up from 3500 mg)

Vitamin C

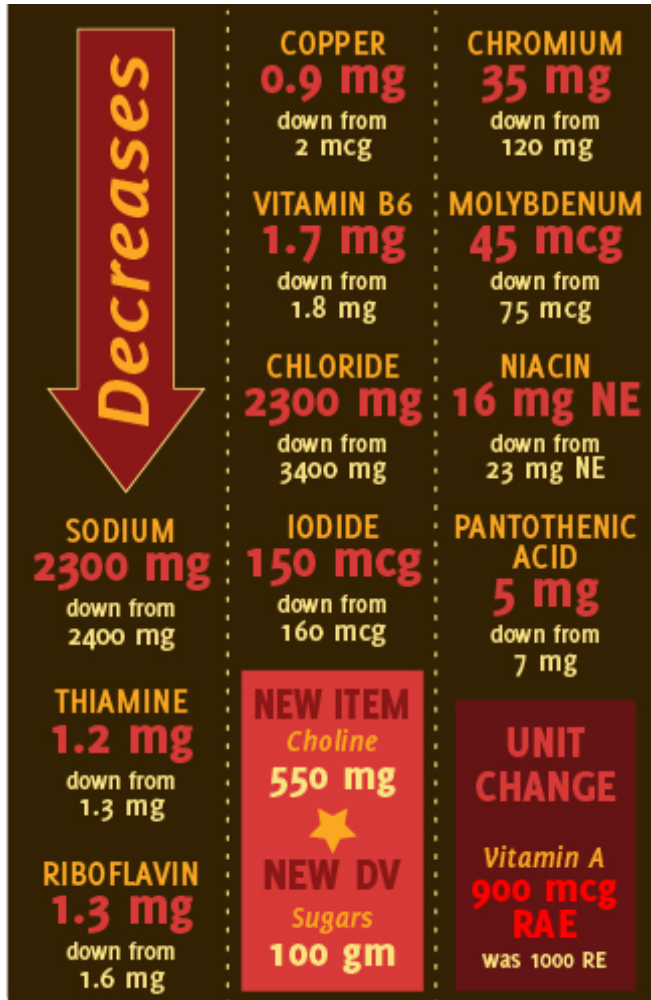
- Changed to Additional Label Nutrient
- 90 mg (up from 60 mg)

Folate

- Additional Nutrient
- 400 mcg DFE (up from 220 mcg)*



Nutrient Changes



Vitamin A

- Change to Additional Label Nutrient
- 900 mcg RAE (change from 1000 RE)*

Sodium

- Core Label Nutrient
- 2300 mg (down from 2400mg)

Sugar

- Core Label Nutrient
- Newly Established DV of 100g

Choline

- New Additional Label Nutrient
- DV of 550

Vitamin A

- Vitamin A was a core nutrient and is now an additional label nutrient.
- If Vitamin A is listed on the new nutrition table it must be listed in mcg of Retinol Activity Equivalents (RAE)

The conversion factors are:

- 1 RAE = 1 mcg retinol
- 1 RAE = 12 mcg beta-carotene

Folate

Folate is an additional nutrient whose label unit has changed from mcg to *mcg DFE (Dietary Folate Equivalents)*.

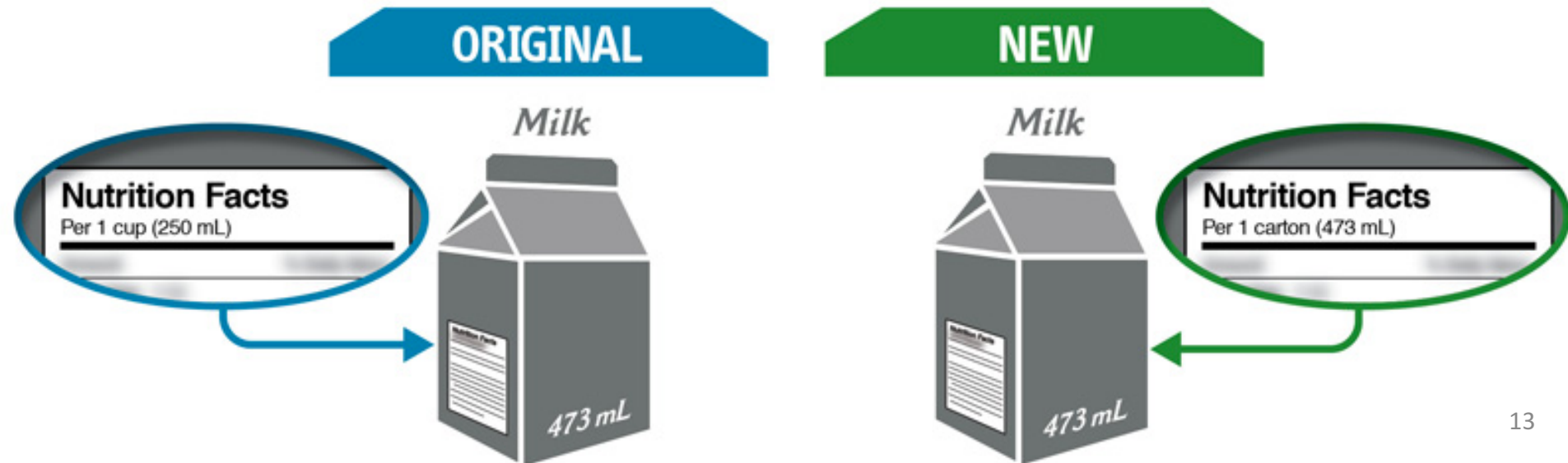
- $1 \text{ mcg DFE} = \text{food folate mcg} + (1.7 \times \text{folic acid mcg})$

Single Serving Containers

Packages containing up to 200% of Reference Amount, the serving size should be the whole container.

Example: Reference Amount for Milk is 250 mL (1 Cup)

- Original Serving Size: Per 1 Cup (250 mL)
- New Serving Size: Per 1 carton (473 mL)



Ingredient Statement Format

- In descending order by weight
- Mostly lower case text, using upper case when:
 - First letter of each ingredient or, in the case of a food additive shown in whole or in part by an acronym, the entire acronym
 - The alpha-descriptor that forms a part of the common name for a food additive, vitamin or micro-organism
- Separated by a bullet point or a comma



Black font: upper and lower case

Grouping of sugars-based ingredients

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Wheat flour • Vegetable oil shortening (soybean and/or canola and modified palm oil) • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg • Soy

Minimum type height requirements

Bullets or commas to separate ingredients

Food colours listed by name

White or neutral background

Sugar Defined

According to the government documentation, ingredients designated as sugars include:

- White sugar, beet sugar, raw sugar or brown sugar
- Agave syrup, honey, maple syrup, barley malt extract or fancy molasses
- Fructose, glucose, glucose-fructose (also known as high fructose corn syrup), maltose, sucrose or dextrose
- Fruit juice concentrates and purée concentrates that are added to replace sugars in foods”

Sugar on the Ingredient Statement

- Sugar-based ingredients are to be grouped within the ingredient statement
- These sugar-based ingredients are to be listed in descending order by weight, placed in brackets after the name Sugars/Sucres.
- Sugar based ingredients are entirely in lower case letters*
- Separate multiple ingredients with a comma (not a bullet point)

ORIGINAL

INGREDIENTS: WHEAT FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA AND MODIFIED PALM OIL), BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR
CONTAINS: WHEAT, EGG, SOY

NEW

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Wheat flour • Vegetable oil shortening (soybean and/or canola and modified palm oil) • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg • Soy

Updated Serving Sizes

ORIGINAL

Hard to Compare

Bread A



Nutrition Facts

Per 1 slice (45 g)

Bread B



Nutrition Facts

Per 2 slices (76 g)

NEW

Easier to Compare

Bread A



Nutrition Facts

Per 2 slices (90 g)

Bread B



Nutrition Facts

Per 2 slices (76 g)

Serving sizes have been modified to be more consistent and list realistic measures.

With this change, Canadians will be more easily able to compare similar foods and make it easier to understand how many calories (and nutrients) they are consuming.

New Footnote

The new footnote at the bottom of the table will easily summarize the % DV numbers as such:

- 5% or less is a little
- 15% or more is a lot

This is intended to help consumers understand how much sugar and other nutrients (like sodium) are in their food.

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

Updates in Genesis R&D

Label Formats

- Standard, Tabular, and Linear
- Simplified Standard, Tabular, and Linear
- Bilingual Standard, Tabular, and Linear
- Dual Format- Foods Requiring Preparation
- Aggregate Format - Different Kinds of Foods
- Aggregate Format - Different Amounts of Food
- AND MORE!

Nutrition Facts		Per 1 cup (47 g)		Per 10 pieces (53 g)	
		Amount	% DV*	Amount	% DV*
Calories		170		190	
Fat		1 g	1 %	1 g	1 %
Saturated		0 g		0 g	
+ Trans		0 g	0 %	0 g	0 %
Carbohydrate		40 g		45 g	
Fibre		5 g	18 %	6 g	21 %
Sugars		9 g	9 %	10 g	10 %
Protein					
Cholesterol					
Sodium					
Potassium					
Calcium					
Iron		6.5 mg	36 %	7 mg	39 %

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

Nutrition Facts

Per 1 Brownie (60 g)

Calories 270

Fat 15 g Carbohydrate 40 g

Protein 5 g Fibre 5 g

Sodium 230 mg Sugars 9 g

Potassium 125 mg (18 %) • Calcium 40 mg (15 %)

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

Nutrition Facts

Valeur nutritive

Per 1 Brownie (60 g)

pour 1 lutin (60 g)

Calories 270

% Daily Value*

Fat / Lipides 15 g

Saturated / saturés

+ Trans / trans 0 g

Carbohydrate / Glucides

Fibre / Fibres 5 g

Sugars / Sucres 9 g

Protein / Protéines 5 g

Cholesterol / Cholestérol 0 mg

Sodium 230 mg

Potassium 125 mg

Calcium 40 mg

Iron / Fer 1 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

Nutrition Facts

Per 4 T (42 g)

about 1 cup prepared

	As sold	Prepared* w/1% milk
Calories	160	240
	% Daily Value*	
Fat 2.5 g†	3 %	6 %
Saturated 0.5 g		
+ Trans 0 g	3 %	8 %
Carbohydrate 30 g		
Fibre 3 g	11 %	11 %
Sugars 7 g	7 %	16 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 160 mg	7 %	10 %
Potassium 100 mg	2 %	5 %
Calcium 0 mg	0 %	17 %
Iron 1.5 mg	8 %	8 %

Updates to Genesis R&D

The screenshot displays the 'Ingredient Statement' window in the Genesis R&D software. The window is titled 'Ingredient Statement' and contains two main sections: 'Recipe Items' and 'Ingredients by Percent Weight'. Both sections have a checkbox for 'Include in Print/Export' which is checked.

The 'Recipe Items' section is a table with the following data:

Is Sugar	Item Name	% Weight	Alternate Name
<input type="checkbox"/>	walnuts, english, dried, chopped	5.83	English Walnuts
<input type="checkbox"/>	pears, canned, halves, in juice	24.73	Pears
<input type="checkbox"/>	whipped topping, frozen, semi solid	9.57	
<input type="checkbox"/>	peaches, fresh, sliced	15.36	Peaches
<input checked="" type="checkbox"/>	sugar, brown, light	2.83	Light Brown Sugar

The 'Ingredients by Percent Weight' section is a table with the following data:

Percentage	Ingredient
24.729535	Pears
15.36	Peaches

The main application window shows the 'Ingredient Statement' tab selected in the left-hand menu. The 'Ingredient Statement' tab is highlighted in blue. The 'Ingredient Statement' window is overlaid on top of the main application window. A red arrow points from the 'Is Sugar' checkbox in the 'Recipe Items' table to the 'Is Sugar' checkbox in the 'Canadian Options' section of the main application window. Another red arrow points from the 'Is Sugar' checkbox in the 'Canadian Options' section to the 'Is Sugar' checkbox in the 'Recipe Items' table.

Updates to Genesis R&D

Calculate Nutrients

Select Nutrients to Calculate

Nutrient	Formula
<input type="checkbox"/> Carbohydrates	Carbohydrates = Carbohydrates (Available) + Total Dietary Fiber
<input type="checkbox"/> Total Dietary Fiber	Choose a formula.
<input type="checkbox"/> Total Soluble Fiber	Total Soluble Fiber = Soluble (Beneficial) Fiber (2016) + Other Soluble Fiber (2016)
<input type="checkbox"/> Total Insoluble Fiber	Total Insoluble Fiber = Insoluble (Beneficial) Fiber (2016) + Insoluble Soluble Fiber (2016)
<input type="checkbox"/> Vitamin A - RAE	Choose a formula.
<input type="checkbox"/> Vitamin D - mcg	Vitamin D mcg (mcg) = Vitamin D IU (IU) / 40
<input type="checkbox"/> Vitamin E - Alpha-Toco	Choose a formula.
<input type="checkbox"/> Vitamin B3 - Niacin Equiv	Vitamin B3 Niacin Equiv (mg) = Vitamin B3 (mg) + (Tryptophan (g) x 1000 / 60)
<input type="checkbox"/> Folate, DFE	Folate, DFE (mcg DFE) = Folate, food (mcg) + 1.7 x Folic Acid (mcg)

*Missing Nutrient Values will be set to 0 if used in a calculation.

Calculate Cancel

Recap

- ✓ Do you have the latest version of Genesis?
- ✓ 11.3 is latest release

- ✓ Update your ingredients with nutrients
 - Potassium
 - Vitamin A and Folate
 - Highlight 'Is Sugar' as needed
 - Convert nutrients using auto-calculator

- ✓ Check for missing nutrients
 - Use the Spreadsheet report for the given nutrients

- ✓ Check your Serving Size and Reference Amount

- ✓ Check DVs – effect nutrient content claims?



Genesis R&D Training

Advanced Genesis Workshop | April 25-26, 2017 | Washington, DC

This workshop covers advanced topics in detail such as new FDA labeling regulations, due diligence and documentation for transitioning to the new labels, new program features, PDCAAS (protein digestibility score), range formulas, advanced labels, and more

Genesis Professional Training (*Canadian Specific*) | April 27-28, 2017 | Toronto, ON

This training session will cover the essentials of Genesis R&D including creating ingredients and recipes/formulas, reporting, best practices, and basic labeling features.

Genesis Professional Training | May 9-10, 2017 | Lombard, IL

This training session covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, obtaining nutrition analysis, analysis reporting, best practices, and basic labeling features.

For more information including cost and availability, please contact our training coordinator by phone at 503-585-6242 or by email at training@esha.com.

Questions?

Contact Us!

Phone: 503-585-6242

Email: sales@esha.com

Helpful Resources

LinkedIn: bit.ly/ESHA-LinkedIn

Blog: www.esha.com/blog

eNewsletter: www.esha.com/esha-enewsletter

