



# Nutrition Labelling – Table of Daily Values

Draft for Canada Gazette Part I Consultation

## Part 1

Item	Column 1	Daily Value*	
		Column 2	Column 3
	Nutrient	Children 1 year of age or older but less than 4 years of age	Any other case**
1.	Fat	44 g	75 g
2.	The sum of saturated fatty acids and <i>trans</i> fatty acids	10 g	20 g
3.	Cholesterol	300 mg	300 mg
4.	Sugars	50 g	100 g
5.	Sodium	1500 mg	2300 mg

\*g = grams; mg = milligrams

\*\*Reflects Daily Values for adults and children 4 years of age or older. These values are to be used for labelling unless the food is solely intended for Infants 7 months of age or older but less than 1 year of age OR for children 1 year of age or older but less than 4 years of age.

## Part 2

Item	Column 1	Daily Value*		
		Column 2	Column 3	Column 4
	Nutrient <sup>††</sup>	Infants 7 months of age or older but less than 1 year of age	Children 1 year of age or older but less than 4 years of age	Any other case <sup>**</sup>
1.	Potassium	700 mg	3000 mg	4700 mg
2.	Calcium	260 mg	700 mg	1300 mg
3.	Iron	11 mg	7 mg	18 mg
4.	Vitamin A	500 µg <sup>†</sup>	300 µg <sup>†</sup>	900 µg <sup>†</sup>
5.	Vitamin C	50 mg	15 mg	90 mg
6.	Vitamin D	10 µg	15 µg	20 µg
7.	Vitamin E	5 mg	6 mg	15 mg
8.	Vitamin K	2.5 µg	30 µg	120 µg
9.	Thiamin, Thiamine or Vitamin B <sub>1</sub>	0.3 mg	0.5 mg	1.2 mg
10.	Riboflavin or Vitamin B <sub>2</sub>	0.4 mg	0.5 mg	1.3 mg
11.	Niacin	4 mg <sup>††</sup>	6 mg <sup>††</sup>	16 mg <sup>††</sup>
12.	Vitamin B <sub>6</sub>	0.3 mg	0.5 mg	1.7 mg
13.	Folate	80 µg DFE <sup>‡</sup>	150 µg DFE <sup>‡</sup>	400 µg DFE <sup>‡</sup>
14.	Vitamin B <sub>12</sub>	0.5 µg	0.9 µg	2.4 µg
15.	Choline	150 mg	200 mg	550 mg
16.	Biotin	6 µg	8 µg	30 µg
17.	Pantothenic Acid or Pantothenate	1.8 mg	2 mg	5 mg
18.	Phosphorous	275 mg	460 mg	1250 mg
19.	Iodide	130 µg	90 µg	150 µg
20.	Magnesium	75 mg	80 mg	420 mg
21.	Zinc	3 mg	3 mg	11 mg
22.	Selenium	20 µg	20 µg	55 µg
23.	Copper	0.2 mg	0.3 mg	0.9 mg
24.	Manganese	0.6 mg	1.2 mg	2.3 mg
25.	Chromium	5.5 µg	11 µg	35 µg
26.	Molybdenum	3 µg	17 µg	45 µg
27.	Chloride	570 mg	1500 mg	2300 mg

\*mg = milligrams; µg = micrograms

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<sup>†</sup>Vitamin A is calculated on the basis of micrograms of retinol activity equivalents (RAE) and expressed in micrograms

<sup>††</sup>Niacin is calculated as total niacin equivalents (NE), expressed in milligrams

<sup>‡</sup>DFE = Dietary Folate Equivalents

<sup>†††</sup>Calculations for vitamins can be found in Section D.01.003 of the *Food and Drug Regulations*.