



Proposed food label changes to the Nutrition Facts table

WHAT ARE THE PROPOSED CHANGES TO THE NUTRITION FACTS TABLE?

We are proposing the following changes to the Nutrition Facts table.

- Make the information on serving size and calories easier to find and read.
- Add a percent daily value (% DV) for sugars.
- Add a footnote at the bottom of the table about % DV. This will help consumers understand how much sugar and other nutrients (like sodium) are in their food. It explains that:
 - 5% or less is a little
 - 15% or more is a lot
- Add potassium because it is important for maintaining healthy blood pressure. Most Canadians are not getting enough of this nutrient.
- Remove vitamin A and vitamin C because most Canadians get enough of these nutrients in their diets.

