## **Nutrition Labelling**

Table of Daily Values



Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.

Également disponible en français sous le titre : Étiquetage nutritionnel – Tableau des valeurs quotidiennes

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Part 1 – Daily values for macronutrients and sodium

Item		Daily Value		
	Column 1	Column 2	Column 3	
	Nutrient	Food intended solely for children one year of age or older but less than four years of age	Food intended for children one year of age or older but less than four years of age or for children four years of age or older and adults	
1.	Fat	44 g	75 g	
2.	Sum of saturated fatty acids and trans fatty acids	10 g	20 g	
3.	Fibre	14 g	28 g	
4.	Sugars	50 g	100 g	
5.	Cholesterol	300 mg	300 mg	
6.	Sodium	1500 mg	2300 mg	

g = grams; mg = milligrams

Part 2 – Daily values for vitamin and mineral nutrients

		Daily Value			
	Column 1	Column 2	Column 3	Column 4	
		Food intended solely for infants six	Food intended for infants six months of age or older but less than one year of age or		
		months of age or	children one year of		
		older but less than	age or older but less	Any other	
Item	Nutrient	one year of age	than four years of age	case	
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	300 μg	900 μg	
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	6 mg	16 mg	
12.	Vitamin B <sub>6</sub>	0.3 mg	0.5 mg	1.7 mg	
13.	Folate	80 μg DFE	150 μg DFE	400 μg DFE	
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

DFE = Dietary Folate Equivalents

Calculations for vitamins are set out in Section D.01.003 of the *Food and Drug Regulations*.