

Food label requirements

Food labels help consumers make informed choices about the foods they eat.

READ IT BEFORE YOU EAT IT!

The Canadian Food Inspection Agency ensures food labels meet Canadian regulations and investigates complaints.

LOOK FOR THESE KEY LABELLING ELEMENTS

NUTRITION FACTS TABLE – Standardized information so you can compare products.

LIST OF INGREDIENTS – Listed in descending order of weight using common names.

ALLERGEN STATEMENT – In addition to listing any of the 10 priority food allergens and sulphites, many products have statements that begin with “may contain.”

DATE MARKING – The most common types are:

Expiration dates

An expiration date is the LAST day you can use an item before it is considered unsafe. Food should not be bought, sold or eaten if the expiration date has passed. If it's expired, throw it out!

Best-before dates

The anticipated amount of time an UNOPENED food product will stay fresh. A best-before date is about food quality and does not guarantee food safety.

If you have a safety concern or think a label might not be truthful, you can report it on the CFIA website.

inspection.canada.ca

DID YOU KNOW?

10 priority food allergens account for nearly all food allergies

1. Peanuts
2. Eggs
3. Soy
4. Sesame seeds
5. Milk
6. Seafood (fish, molluscs, crustaceans)
7. Tree nuts
8. Sulphites
9. Wheat and triticale
10. Mustard



Only 5 foods require expiry dates in Canada

- Formulated liquid diets
- Foods represented for use in a very low-energy diet
- Meal replacements
- Nutritional supplements
- Human milk substitutes

It's **GOOD**
CANADA

itsgoodcanada.ca