



**WEBINAR**



# **Health Canada Nutrition Labeling Regulations Review**

**Presented by ESHA Research**

Wednesday, September 16, 2020

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



# ESHA Research

ESHA Research was established in 1981 as one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

## ESHA Solutions

- Genesis R&D<sup>®</sup> Food Formulation
- Genesis R&D<sup>®</sup> Supplement Formulation
- Food Processor<sup>®</sup> Nutrition & Diet Analysis
- Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



# Genesis R&D Foods

Genesis R&D Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance



# Upcoming Webinars



## **September 23, 2020 | Drive to Digital: Integrating Genesis R&D to Improve Your Innovation Workflow**

During this webinar, we will discuss the key features of the Genesis R&D API and how you can quickly and predictably integrate Genesis R&D using pre-built integration accelerators (using Verdant's COG platform) that connect your nutrition analysis and Nutrition Facts label data in Genesis R&D with common ERP, PLM, and MDM vendor solutions.

Guest Speaker, Andy Greenwald, Senior Project Manager for R&D and Manufacturing Systems at The Kraft Heinz Company will share his experience with integrated compliance and how they are using it to streamline and improve their overall NPD process.

## **October 14, 2020 | Tracking and Disclosing Sulfites Using Genesis R&D Foods**

The FDA requires that products containing 10 ppm (parts per million) or more of sulfiting agents must declare the presence of sulfites on the product label. During this webinar, we will walk users through the steps for entering, tracking, and declaring sulfites on your product label.

### **STAY TUNED FOR ADDITIONAL WEBINARS**

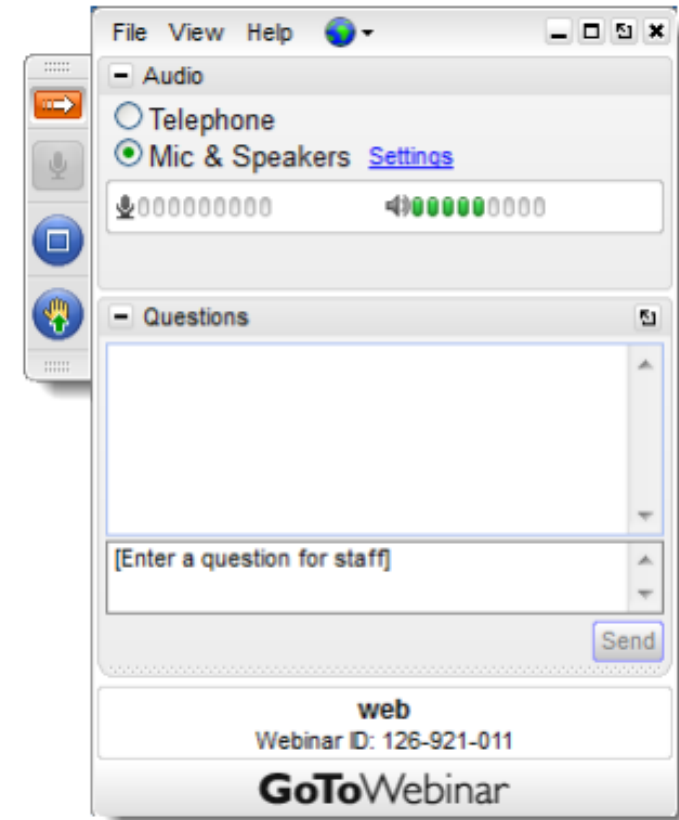
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# Please Note!

- ✓ The webinar is being recorded
- ✓ All webinars available on our website
- ✓ Submit your questions in the GoToWebinar control panel
- ✓ We'll email a copy of the recording and the slides following the webinar

WEBINAR



# What we'll cover today



- Review of Regulatory Changes
  - Compliance Dates
  - Nutrients and %DVs
  - Serving Size
  - Sugars and Ingredient Statements
- Genesis R&D Features and Labels
- Q&A





# Canadian Labels 2016



<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 2 slices (50 g) pour 2 tranches (50 g)	
<b>Calories 140</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 3 g</b>	<b>4 %</b>
Saturated / saturés 0.5 g + Trans / trans 0 g	<b>3 %</b>
<b>Carbohydrate / Glucides 25 g</b>	
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 2 g	<b>2 %</b>
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 180 mg</b>	<b>8 %</b>
<b>Potassium 75 mg</b>	<b>2 %</b>
<b>Calcium 30 mg</b>	<b>2 %</b>
<b>Iron / Fer 1.5 mg</b>	<b>8 %</b>
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

<b>Valeur nutritive</b>	
pour tranche (79 g)	
<b>Calories 230</b>	<b>% valeur quotidienne*</b>
<b>Lipides 4.5 g</b>	<b>6 %</b>
saturés 1 g + trans 0 g	<b>5 %</b>
<b>Glucides 39 g</b>	
Fibres 2 g	<b>7 %</b>
Sucres 3 g	<b>3 %</b>
<b>Protéines 6 g</b>	
<b>Cholestérol 0 mg</b>	
<b>Sodium 3 mg</b>	<b>1 %</b>
Potassium 100 mg	<b>2 %</b>
Calcium 40 mg	<b>3 %</b>
Fer 2.25 mg	<b>13 %</b>
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

<b>Nutrition Facts</b>	
Per 2 tsp (10 mL) : <b>Calories 15</b>	
Fat 0.5 g (1 %), Saturated 0 g + Trans 0 g (0 %), Cholesterol 0 mg, Carbohydrate 2 g, Fibre 1 g (4 %), Sugars 1 g (1 %), Protein 0.3 g, Sodium 2 mg (1 %), Potassium 20 mg (1 %), Calcium 10 mg (1 %), Iron 0.2 mg (1 %). % = % Daily Value* *5% or less is a little, 15% or more is a lot	
<b>Valeur nutritive</b>	
pour 2 tsp (10 mL) : <b>Calories 15</b>	
Lipides 0.5 g (1 %), saturés 0 g + trans 0 g (0 %), Cholestérol 0 mg, Glucides 2 g, Fibres 1 g (4 %), Sucres 1 g (1 %), Protéines 0.3 g, Sodium 2 mg (1 %), Potassium 20 mg (1 %), Calcium 10 mg (1 %), Fer 0.2 mg (1 %). % = % valeur quotidienne*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

<b>Nutrition Facts</b>		<b>% DV* / % VQ*</b>		<b>% DV* / % VQ*</b>	
<b>Valeur nutritive</b>					
Per 2 slices (50 g) pour 2 tranches (50 g) Per Container 12 par contenant 12		<b>Fat / Lipides 3 g</b>	<b>4 %</b>	<b>Protein / Protéines 4 g</b>	
		Saturated / saturés 0.5 g + Trans / trans 0 g	<b>3 %</b>	<b>Cholesterol / Cholestérol 0 mg</b>	
		<b>Carbohydrate / Glucides 25 g</b>		<b>Sodium 180 mg</b>	<b>8 %</b>
		Fibre / Fibres 1 g	<b>4 %</b>	Potassium 75 mg	<b>2 %</b>
		Sugars / Sucres 2 g	<b>2 %</b>	Calcium 30 mg	<b>2 %</b>
				Iron / Fer 1.5 mg	<b>8 %</b>
<b>Calories 140</b>		*5% or less is a little, 15% or more is a lot / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			
* DV = Daily Value * VQ = valeur quotidienne					



# Compliance Date

- Health Canada finalized changes to the Nutrition Facts tables on December 14, 2016 giving manufacturers a five-year compliance period
- Compliance date: December 14, 2021\*

*“\*Note: It is currently being proposed that the transition period be extended to December 14, 2022. Additional information will be provided at a later date.”*

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/nutrition-labelling/regulations-compliance.html>





# Highlights of Nutrition Facts Changes

- Display of Calories
- Serving Sizes
- Updated Daily Values (DV) based on scientific findings
- New DV for Total Sugars
- Core Nutrients Updated
- Added amounts in mg for minerals (Potassium, Iron, Calcium)
- Footnote explaining %DV
- Ingredient and Allergen Statement updates



# Nutrition Facts 2003 vs. 2016

**2003**

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (140 g) par 1 tasse (140 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 8 g	<b>12 %</b>
Saturated / saturés 3 g + Trans / trans 0 g	<b>15 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 21 g	<b>7 %</b>
Fibre / Fibres 16 g	<b>64 %</b>
Sugars / Sucres 15 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %
*Based on a 2,000 Calorie diet.	
*Selon un régime alimentaire de 2 000 calories.	

- Calories is larger and stands out more with bold line below
- Serving Sizes are consistent for similar foods
- Daily Values updated
- %Daily Values for total sugars
- Updated nutrients of public health concern
- Order of nutrients changed
- mg amounts shown in lower portion of label
- New %Daily Value footnote

**2016**

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (140 g) pour 1 tasse (140 g)	
	% Daily Value* % valeur quotidienne*
<b>Calories</b> <b>160</b>	
<b>Fat / Lipides</b> 8 g	<b>11 %</b>
Saturated / saturés 3 g + Trans / trans 0 g	<b>15 %</b>
<b>Carbohydrate / Glucides</b> 21 g	
Fibre / Fibres 16 g	<b>57 %</b>
Sugars / Sucres 15 g	<b>15 %</b>
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
Potassium 225 mg	<b>5 %</b>
Calcium 20 mg	<b>2 %</b>
Iron / Fer 1 mg	<b>6 %</b>
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

# Standard Label Format Specs



Normal width font  
8 point type except as indicated  
Thin rules – 0.5 point  
Rules centred between text

<b>Nutrition Facts</b>	
Per HM (MM)	
<b>Calories #####</b>	<b>% Daily Value*</b>
<b>Fat ## g</b>	## %
Saturated ## g + Trans ## g	## %
<b>Carbohydrate ## g</b>	
Fibre ## g	## %
Sugars ## g	## %
<b>Protein ## g</b>	
<b>Cholesterol ### mg</b>	
<b>Sodium ##### mg</b>	## %
<b>Potassium ##### mg</b>	## %
<b>Calcium ##### mg</b>	## %
<b>Iron ## mg</b>	## %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Heading: 13 point bold type

Serving of stated size: 9 point type with 11 point leading

Calories: 10 point bold type with 14.5 point leading

14.5 point leading

9 point leading

Non-indented nutrients in bold type, amount in regular type, with 12 point leading

Indented nutrients in regular type with 9 point leading indented 6 points

Regular type with 14.5 point leading

Regular type with 12 point leading

Asterisk in 9 point with -2 point baseline shift

1 point rule

6 point bold type with 9 point regular asterisk, asterisk with -2 point baseline shift

Value centred against saturated + trans information on left

Text enclosed by a box with a 0.5 point rule within 3 points of text

Numbers and % sign in regular type, space between number and % sign

Space between number and unit

Thick rules – 2.5 point

6.5 point condensed font with 13 point leading and with "a little" and "a lot" in bold

may be displayed in normal width font  
may appear on more than one line

<https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/directory-nutrition-facts-table-formats/nutrition-labelling.html#a1>

# Rounding of Nutrition Facts Table Information



## TOTAL FAT

- <0.5g, meets "free of fat", sat & trans fat declared as "0g" - express as zero
- <0.5g all other cases, express to nearest multiple of 0.1g
- ≥ 0.5g to ≤ 5g, express as nearest multiple of 0.5g
- >5g, express as nearest multiple of 1g

## CHOLESTEROL

- < 2 mg & meets "free of cholesterol"-express as zero
- All other cases- nearest multiple of 5mg

## TOTAL CARB

- < 0.5g - express as zero
- ≥ 0.5g - express to nearest multiple of 1g

## TOTAL SUGARS

- < 0.5g - express as zero
- ≥ 0.5g - express as nearest multiple of 1g

### Nutrition Facts Valeur nutritive

Per 1 cup (140 g)  
pour 1 tasse (140 g)

	% Daily Value*
	% valeur quotidienne*
<b>Calories 520</b>	
<b>Fat / Lipides 4 g</b>	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 115 g</b>	
Fibre / Fibres 25 g	89 %
Sugars / Sucres 8 g	8 %
<b>Protein / Protéines 16 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 520 mg</b>	23 %
<b>Potassium 600 mg</b>	13 %
<b>Calcium 75 mg</b>	6 %
<b>Iron / Fer 18 mg</b>	100 %

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

## CALORIES

- < 5 calories, meets "free of energy" = 0 calories
- < 5 calories, all other cases = nearest multiple of 1 Cal
- ≥ to ≤50 calories = nearest multiple of 5 Cal
- > 50 Calories = nearest multiple of 10 Cal

## SAT FAT

- <0.5g, meets "free of saturated fat"- express as zero
- <0.5g all other cases - nearest multiple of 0.1g
- ≥ 0.5g to ≤5g - nearest multiple of 0.5g
- >5g - nearest multiple of 1g

## SODIUM

- < 5 mg, meets "free of sodium or salt" - 0mg
- <5 mg all other cases -nearest multiple of 1mg
- ≥ 5mg to ≤140 mg - nearest multiple of 5mg
- ≥ 140mg - nearest multiple of 10 mg

## DIETARY FIBRE

- < 0.5g - express as zero
- ≥ 0.5g - nearest multiple of 1g

## PROTEIN

- < 0.5g - nearest multiple of 0.1g
- ≥0.5g - nearest multiple of 1g



# Nutrient Changes: Core Nutrients

Calories

Fat

Saturated Fat

Trans Fat

Carbohydrates

Fibre

Sugars

Protein

Cholesterol

Sodium

Potassium

Calcium

Iron

# Nutrient Changes: Increases



## Increases

Nutrient	New DV	Old DV
TOTAL FAT	75 g	65 g
DIETARY FIBRE	28 g	25 g
POTASSIUM	4700 mg	3500 mg
CALCIUM	1300 mg	1100 mg
IRON	18 mg	14 mg
VITAMIN C	90 mg	60 mg
VITAMIN D	20 mcg*	5 mcg**
VITAMIN E	15 mg	10 mg
VITAMIN K	120 mcg*	80 mcg*
VITAMIN B12	2.4 mcg*	2 mcg*
PHOSPHORUS	1250 mg	1100 mg
MAGNESIUM	420 mg	250 mg
ZINC	11 mg	9 mg
SELENIUM	55 mcg*	50 mcg*
MANGANESE	2.3 mg	2 mg

## 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: Decreases

## Decreases

Nutrient	New DV	Old DV
SODIUM	2300 mg	2400 mg
THIAMINE	1.2 mg	1.3 mg
RIBOFLAVIN	1.3 mg	1.6 mg
NIACIN	16 mg NE	23 mg NE
VITAMIN B6	1.7 mg	1.8 mg
PANTOTHENIC ACID	5 mg	7 mg
IODIDE	150 mcg*	160 mcg*
COPPER	0.9 mg	2 mg
CHROMIUM	35 mcg*	120 mcg*
MOLYBDENUM	45 mcg*	75 mcg*
CHLORIDE	2300 mg	3400 mg

## Vitamin A

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

## Sodium

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

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## Sugar

- Core Label Nutrient
- Newly Established DV of 100g

## Choline

- New Additional Label Nutrient
- DV of 550 mg



# Nutrient Unit Changes and Calculations

## **Vitamin A** (Voluntary nutrient - previously mandatory)

- Must now be listed on the table in mcg of Retinol Activity Equivalents (RAE)
- Change from 1000 RE to 900 mcg RAE
- Conversion Factors:
  - 1 RAE = 1 mcg retinol
  - 1 RAE = 12 mcg beta-carotene

## **Folate** (Voluntary nutrient)

- Label unit has changed from mcg to mcg Dietary Folate Equivalents (DFE)
- Change from 200 mcg to 400 mcg DFE
- Conversion Factors:
  - 1 mcg DFE = food folate mcg + (1.7 x folic acid mcg)

## **Nutrient Calculator**

Genesis includes the Nutrient Calculator to help convert nutrient units



# Novel Fibres

Defined	Examples
<p><i>“Novel fibres are ingredients manufactured to be sources of dietary fibre and consist of carbohydrates with a degree of polymerization of 3 or more that are not digested and absorbed by the small intestine. They are synthetically produced or are obtained from natural sources which have no history of safe use as dietary fibre or which have been processed so as to modify the properties of the fibre contained therein. Accepted novel fibres have at least one physiological effect demonstrated by generally accepted scientific evidence.”</i></p>	<b>Substances obtained from agricultural crop by-products and from raw plant materials not usually considered food (hull, straw, etc.)</b>
	<b>Chemically modified substances (modified cellulose, partially hydrogenated beta-glucan, or guar gum)</b>
	<b>Oligosaccharides (fructo-, galacto-, isomalto-oligosaccharides)</b>
	<b>Synthetic products (polydextrose)</b>
	<b>Polysaccharide complex (glucomannan, xanthan gum, sodium alginate)</b>
	<b>Resistant starches</b>
	<b>Syrup fibres</b>

## List of Dietary Fibres Reviewed and Accepted by Health Canada’s Food Directorate:

<https://www.canada.ca/en/health-canada/services/publications/food-nutrition/list-reviewed-accepted-dietary-fibres.html>



# Bilingual Requirements

All mandatory information must be shown on the label in both English and French

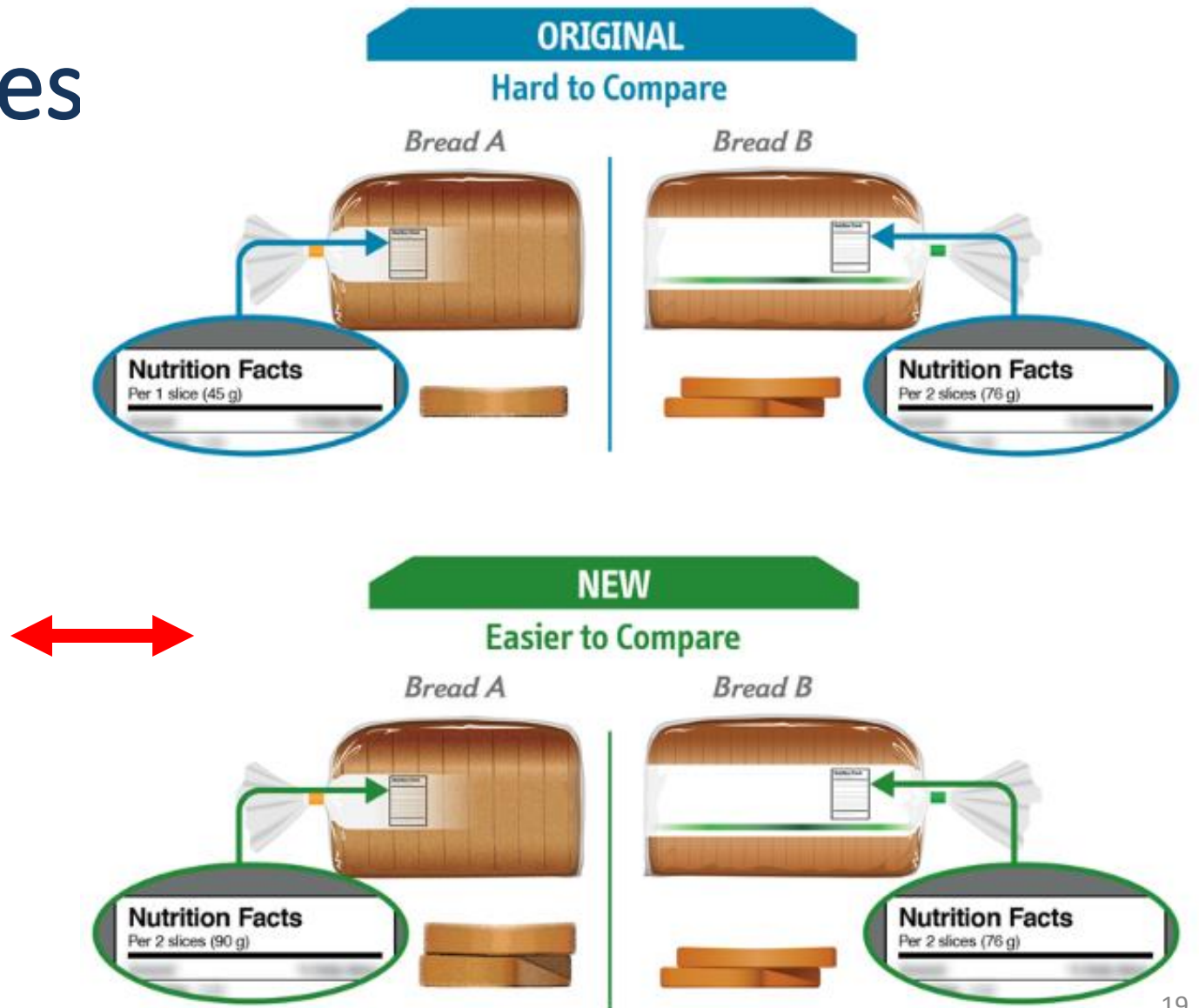
## Exemptions:

- Specialty Foods
- Test Market Foods
- Local Foods
- *Some provinces may have additional language requirements for products marketed within their jurisdiction. For example, the province of Quebec has additional requirements concerning the use of the French language on all products marketed in Quebec.*

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (140 g) pour 1 tasse (140 g)	
<b>Calories 160</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 8 g</b>	<b>11 %</b>
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 21 g</b>	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 15 g	15 %
<b>Protein / Protéines 3 g</b>	

# Updated Serving Sizes

- Serving Sizes more consistent for food groups
- Easier for consumers to compare one product or brand to another





# Serving Size

- Serving Size is based on a specific amount of food (edible portion) and is a quantity of food that can be reasonably consumed at a single eating occasion
- The serving size must be expressed in the Nutrition Facts table by declaring a household measure (HM) first, followed by the corresponding metric measure (MM), within brackets
- Table of Reference Amounts for Food

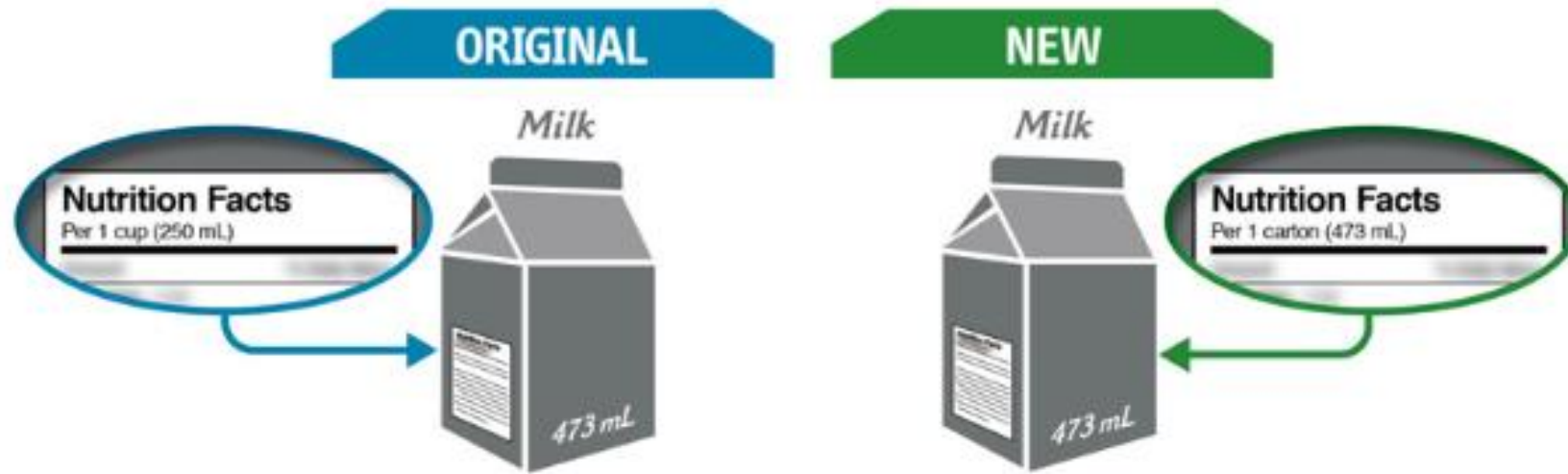
<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (140 g) pour 1 tasse (140 g)	
Per Container 2 par contenant 2	
<b>Calories 540</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 2 g</b>	3 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
<b>Carbohydrate / Glucides 126 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 93 g	93 %
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 35 mg</b>	2 %
Potassium 1350 mg	29 %
Calcium 200 mg	15 %
<b>Iron / Fer 6.5 mg</b>	36 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

<https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-reference-amounts-food.html>





# Foods in Single Serving Containers



Weight or mL	Serving Size Declaration	Serving Size Example Milk RA = 250 mL; <200% = <500 mL
Less than 200% RA	Amount in whole container	Container size = 473 mL; 189% of RA Serving Size: 473 mL; entire container

# Foods in Multi-serve Packages

- Refer to Table of Reference Amounts for Food Groups
- Household Measure
  - Might be volume, pieces, slices, etc, or expressed as fraction of the whole
- Look for additional descriptions in the Table of RA

Snack Crackers - Reference Amount (RA)	Criteria to Determine Serving Size for Multi-serve Packages	Serving Size
30 g	<p><b>Multiple units (where 14 or less pieces = RA)</b></p> <p><b>MM = 30g</b></p> <p><b>HM: # whole pieces closest to weight of RA</b></p>	<b>12 crackers (30 g)</b>



A.12	Snack crackers, crackers and cheese dip pack	30 g	Package of multiple units (where 14 or less pieces make up the RA): <ul style="list-style-type: none"> <li>• HM: number of whole pieces or units closest in weight in grams to the RA</li> <li>• MM: the weight of the HM in grams</li> </ul>	# snack cracker(s) (# g)
			Bite-sized crackers, measurable with cup (where 15 or more pieces make up the RA): <ul style="list-style-type: none"> <li>• MM: RA</li> <li>• HM: fraction of the cup that is closest in weight in grams to the RA</li> </ul>	fraction cup (30 g)
			Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200%	1 unit (# g)



# Servings Per Container

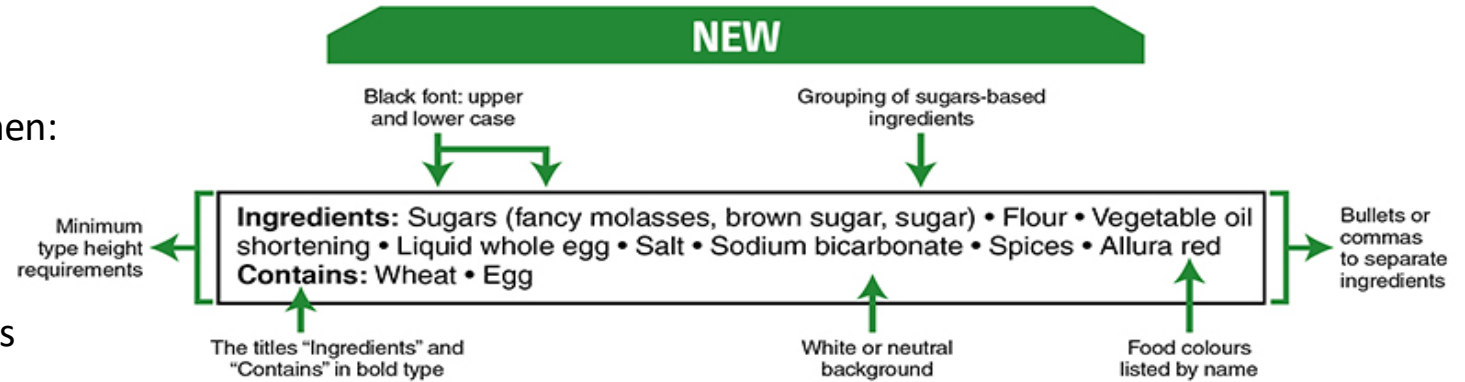
- Servings Per Container shows **the total number of servings** in the entire food package or container
- Servings per container is **not** required for Canada but may be voluntarily included

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (140 g) pour 1 tasse (140 g)	
Per Container 2 par contenant 2	
<b>Calories 540</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 2 g</b>	3 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
<b>Carbohydrate / Glucides 126 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 93 g	93 %
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 35 mg</b>	2 %
Potassium 1350 mg	29 %
Calcium 200 mg	15 %
Iron / Fer 6.5 mg	36 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	



# Ingredient List Format

- In descending order by weight of the ingredients before they are combined to form the prepackaged product. In other words, based on what was added to the mixing bowl.
- Declared by common names
- Must be in English and French
- Mostly lower case text, use upper case when:
  - 1<sup>st</sup> letter of each ingredient
  - Food additive acronym
  - Alpha-descriptor
- Group sugars-based ingredients in brackets
  - Use lower case for bracketed items
- List Food Colours by Individual Common Names
- Use bullets or commas to separate ingredients



The following ingredients can be listed at the end of the ingredients list in any order:

- Spices, seasonings, herbs (except salt)
- Natural and artificial flavours
- Flavour enhancers
- Food Additives, except ingredients of food additive preparations or mixtures of substances for use as a food additive
- Vitamins and their salts or derivatives of vitamins
- Mineral nutrients and their salts



# Sugars-based Ingredients

- Are required to be grouped within the list of ingredients following the term "Sugars"
- Sugars-based ingredient means, in respect of a prepackaged product:
  - a) An ingredient that is a monosaccharide or disaccharide or a combination of these*
  - b) An ingredient that is a sweetening agent other than one referred to in paragraph (a); and*
  - c) Any other ingredient that contains one or more sugars and that is added to the product as a functional substitute for a sweetening agent*



# Grouping Sugars on the Ingredient List

Sugars-based ingredients grouped are in brackets in descending order by weight after the name “Sugars” to help consumers:

- Quickly identify the sources of sugars added to the food
- Understand how the amount of sugar added to the food compares to other ingredients







# Allergens, Gluten, and Sulfites

Food allergen means any protein from any of the following foods, or any modified protein that includes any protein fraction derived from any of the following foods:

- Crustaceans
  - Eggs
  - Fish
  - Milk
  - Mustard seeds
  - Peanuts
  - Sesame seeds
  - Shellfish
  - Soybeans
  - Tree Nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts
  - Wheat or triticale
- OR
- Gluten – gluten protein or modified gluten protein or fraction from: barley, oats, rye, triticale, or wheat, and prolamins
  - Sulphites – added sulphites in a total amount of 10 ppm or more

## Within the **ingredients** list

**Ingredients:** Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon. May contain pecans.

## Using a **contains** statement

**Ingredients:** Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.  
**Contains:** Wheat, Egg, Milk. May contain pecans.



# Best Practices for Record Keeping

- Review and Document in Genesis
  - Ingredient records
  - Recipes
- Attachments
  - Attach supplier spec sheets, lab analyses, and other records
- Notes
  - Use the Notes fields in Ingredient and Recipe records to capture further detail and clarification
- Check Data Feature
- Spreadsheet to review Recipes
  - For every Recipe
  - Check for missing data



# Genesis R&D Training

## **Genesis R&D Training | September 22-24, 2020 | web-based**

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

## **Genesis R&D Training | October 6-8, 2020 | web-based**

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

## **Genesis R&D Training | December 1-3, 2020 | web-based**

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

**Contact [training@esha.com](mailto:training@esha.com) with any questions or to inquire about training for your organization**

**See the Training Schedule at: <https://www.esha.com/news-events/training-schedule/>**

QUESTIONS?



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