



NUTRITIONAL LABELLING WORKSHOP

#SQAc005

1 day (9:00 am – 4:30 pm)

Course Overview:

This course will develop your basic understanding and knowledge of the Health Canada Nutrition Labelling regulations. The new nutritional labelling regulations were mandatory for large manufacturers as of December 12, 2005 and are now mandatory as of December 12, 2007 for small manufacturers. The new regulations present the requirements for three different types of nutrition information on food labels.

1. **Nutrition labelling:** the regulations make the Nutrition Fact table mandatory on pre-packaged foods with some exemptions. The Nutrition Facts table will have a consistent format and always provide information on Calories and on the following 13 nutrients: fat, saturated fat, *trans* fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron.
2. **Nutrient content claims:** the regulations update the past requirements for nutrient content claims (e.g., low in saturated fat, low sodium) based on current science and also introduce new claims (e.g., free of *trans* fat).
3. **Diet-related health claims:** the regulations permit four new claims for foods that are suitable for diets that reduce risk of high blood pressure, heart disease, some types of cancer, and osteoporosis as well as update the requirements for noncariogenic claims.

The workshop includes *how to choose a Nutrition Facts Panel*, as well as information to teach you how to calculate the available display surface.

Guest Speaker: Product Development Coordinator; Consumer Brands, Canada Safeway Ltd. will share hands-on Nutrition Labelling experience with you and will be available to answer any questions.

Who Will Benefit:

- Small food manufacturers
- QA / R&D Technologists & Managers within a food manufacturing facility
- Product & Package Development Managers
- Ideal for those developing a new product
- Regulatory Affairs Specialists

What is covered?

- Mandatory compliance dates & enforcement
- New labelling regulations & exemptions
- How & why consumers use the nutritional facts panel, ingredient list & nutrient claims
- How do I label my product with the new nutritional format?
- Hands-on examples on how to make a nutrition label from a formulation.

Course Materials:

- Health Canada Nutrition Labelling matrix summarizing the requirements

Course Fee:

\$300.00 + 6% GST