

# Nutrition Analysis Service

## Nutrition Facts Panels are required by law on most pre-packaged foods. Are your products compliant?

Through the *Food and Drugs Act*, Health Canada regulates the labelling of food products in Canada, which includes making nutrition labelling mandatory on most food labels. These labelling regulations have been designed to provide a system for conveying information about the nutrient content of food in a standardized format. This allows for easy comparison of foods, and enables informed food choices by the consumer.

Nutrition labelling can be a daunting project, especially for small companies and those with large numbers of products to label.

To assist the food industry in complying with the nutrition labelling requirements, MPO is pleased to offer a **Nutrition Analysis Service** with complete confidentiality guaranteed.

With the use of the Genesis Nutrition Labeling Formulation Database, a cost effective alternative to conventional lab analysis, MPO can compute nutrition facts for your products. We provide a complete analysis, which includes a food list, nutrients analysis, and a camera-ready Nutrition Facts label to provide to your printer, artist, or package designer.



NEW	
Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

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



The cost for this service per analysis is:

**\$100** (+ HST) for MPO Members

**\$200** (+ HST) for Non-Members

Forms are available for download on the MPO website at [www.meatpoultryon.ca](http://www.meatpoultryon.ca) or by contacting the office at [technical@meatpoultryon.ca](mailto:technical@meatpoultryon.ca).

For more information:

Meat & Poultry Ontario  
Technical Director

[www.meatpoultryon.ca](http://www.meatpoultryon.ca)  
[technical@meatpoultryon.ca](mailto:technical@meatpoultryon.ca) or (519) 763-4558 x222



**Meat &  
Poultry**  
ONTARIO

**NUTRITIONAL ANALYSIS INGREDIENT FORM**  
(only one recipe/product per form)



Product / Recipe Name: \_\_\_\_\_

Please Select the Nutrition Facts Table Format (see notes on page 2)

Original Format

New Format

Ingredient /Component Name	Amount of Each Ingredient by Weight
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Beginning Batch Weight: \_\_\_\_\_ (The database will automatically calculate the weight of your batch).

Ending Batch Weight: \_\_\_\_\_ (To calculate the most accurate analysis possible, enter the ending weight of your batch).

Nutrition facts are based on a specific serving size: Serving Size: \_\_\_\_\_ Servings per container: \_\_\_\_\_

.....  
Date: \_\_\_\_\_ Company Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

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**PAYMENT INFORMATION:** (Amount per Analysis includes HST #121262919. Payment **MUST** be included)

\$113.00 (\$100.00 + \$13.00 HST) - MPO Member       \$226.00 (\$200.00 + \$26.00 HST) - Non-Member

Cheque Enclosed: Made payable to the Meat & Poultry Ontario

Please place on my:       VISA       MasterCard      Authorization #: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_

# NUTRITION ANALYSIS INGREDIENT FORM

## Definitions & Instructions

### Current Canadian Format vs. New Canadian Format

Health Canada published amendments to the Food and Drug Regulations (Regulations) on December 14, 2016. The regulatory amendments impact nutrition labelling, list of ingredients and food colour requirements with a five (5) year transition period.

### Can a manufacturer apply only some of the new labelling requirements?

During the five (5) year transition period manufacturers must comply with either the former or the new labelling requirements. Manufacturers are not permitted to partially comply with both sets of labelling requirements. If a manufacturer chooses to implement one or more of the new labelling requirements, it is their responsibility to ensure that all new labelling requirements are followed as well.

Manufacturers will be required to ensure that all prepackaged food products being manufactured or imported as of December 15, 2021 complies with the new labelling requirements.

ORIGINAL		NEW	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 250 mL / par 250 mL		Per 1 cup (250 mL) pour 1 tasse (250 mL)	Serving size stands out more and is more similar on similar foods
Amount / Teneur	% Daily Value / % valeur quotidienne	<b>Calories 110</b>	← Daily Values updated
Calories / Calories 110		Fat / Lipides 0 g	
Fat / Lipides 0 g	0 %	Saturated / saturés 0 g	
Saturated / saturés 0 g	0 %	+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg		Carbohydrate / Glucides 26 g	
Sodium / Sodium 0 mg	0 %	Fibre / Fibres 0 g	0 %
Carbohydrate / Glucides 26 g	9 %	Sugars / Sucres 22 g	22 %
Fibre / Fibres 0 g	0 %	Protein / Protéines 2 g	
Sugars / Sucres 22 g		Cholesterol / Cholestérol 0 mg	
Protein / Protéines 2 g		Sodium 0 mg	0 %
Vitamin A / Vitamine A	0 %	Potassium 450 mg	10 %
Vitamin C / Vitamine C	120 %	Calcium 30 mg	2 %
Calcium / Calcium	2 %	Iron / Fer 0 mg	0 %
Iron / Fer	0 %		

Calories is larger and stands out more with bold line below

mg amounts are shown

New % Daily Value footnote

Updated list of minerals of public health concern

### Product / Recipe Name

- Ensure you include the product/ recipe name

### Recipe Ingredients (1<sup>st</sup> column)

- List each ingredient/component in your recipe or formula regardless of amount used.
- For all meat ingredients please indicate the exact cut used (e.g. pork shoulder, beef eye of the round) as well as the fat-to-lean ratio (e.g. beef 80/20; pork 50/50)
- Game meats, fowl, seafood, and fish selections are available as well
- Spices listed individually in your recipe can be entered into the database if you know the weight measurement for each item. If you purchase a pre-packaged blend from a supplier, contact them for the nutritional values per unit. This information should be readily available. The values reported will then be entered into the database and incorporated into your recipe

### Amount / Weight (2<sup>nd</sup> column)

- List the amount of each ingredient/component used in kilograms, grams, pounds, or ounces. Do not use percentages as the database cannot calculate percentages.

### Pump Solution / Brine

- If your list of ingredients includes a pump solution it is important that you include this on your form. A separate recipe should be made for the solution and then a specific percentage (that you will provide) will be included in the analysis (e.g. 100 kgs of 80/20 pork plus 20% brine).

### Serving Size

- The serving size is based on the edible portion of the **food as offered for sale**. It is expressed as a household measure (e.g. piece, slice) **and** in metric units (grams, kilograms). Please indicate in the spaces provided the household measure and related metric weight that would normally be consumed at one time by the consumer (e.g. 3 slices (125g)).

Ensure that you include your email address and contact number. This is important in the event we need to contact you if there are any questions about the submission. Return the complete forms with payment to the Meat & Poultry Ontario by mail, fax or email. Payment must be sent with the forms in order to process the submission.

Should you have any questions on Nutrition Labelling, please contact Daphne Nuys-Hall, MPO Technical Director at [technical@meatpoultryon.ca](mailto:technical@meatpoultryon.ca) or (800) 263-3797 x 222.

**\*\*\*Please complete and sign the Confidentiality Agreement for our records.  
Only one agreement per company is required.\*\*\***

# MPO CONFIDENTIALITY AGREEMENT

**THIS AGREEMENT**, made this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_, between the Meat and Poultry Ontario (hereinafter MPO) and \_\_\_\_\_  
\_\_\_\_\_ (hereinafter PROCESSOR).

**Whereas**, PROCESSOR will provide accurate and complete recipes or formulations to MPO, and

**Whereas**, MPO will assess nutrient content of recipe through use of nutrition labeling database, and

**Whereas**, both PROCESSOR and MPO, agree that recipes and formulas disclosed by PROCESSOR will be kept confidential by MPO and used by MPO strictly for the purpose of providing nutrition facts to PROCESSOR, and

**Whereas**, recipes or formulations are exclusively the property of PROCESSOR, and

**Whereas**, all information on recipe ingredient form, such as processing methods, processing yields, packaging, cost analysis, sales and marketing materials, financial statements or any other information given to MPO by PROCESSOR, shall remain secret and confidential, and no information will be disclosed to any third party by MPO, and

**Whereas**, MPO or any employee, agent, or officer of MPO, will be held harmless by PROCESSOR for any incorrect information, whether it be misinformation provided by PROCESSOR or due to database failure to correctly provide nutrition information.

**IN WITNESS WHEREOF**, MPO and PROCESSOR hereto have executed this Agreement on the date first written above.

**PROCESSOR:**

**MPO:**

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Print Name)

**\*\* Processor Retains Full Responsibility for Accuracy of Recipe Information and Nutrition Facts Reported \*\***