

Label formats - Canadian

The Canadian module (purchased separately) lets users create a variety of Labels that conform to Canadian regulations, including Canadian bilingual Labels, Aggregate Labels and Dual Declaration Labels.

CANADIAN BILINGUAL. This Label will show both English and French and conforms to Canadian regulations.

Nutrition Facts	
Valeur nutritive	
Serving Size (168 g) / Portion (168 g)	
Servings Per Container 3	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories 150	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 10 mg	0 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 15 g	60 %
Sugars / Sucres 20 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	2 %
Iron / Fer	4 %
Vitamin K / Vitamine K	8 %
Vitamin B6 / Vitamine B6	10 %

CANADIAN BILINGUAL TABULAR

Nutrition Facts		Valeur nutritive	
Serving Size (126 g) / Portion (126 g)		Serving Size (126 g) / Portion (126 g)	
Servings Per Container		Servings Per Container	
Portions par contenant		Portions par contenant	
Calories / Calories 160		Calories / Calories 160	
Fat / Lipides 9 g	14 %	Carbohydrate / Glucides 20 g	7 %
Saturated / saturés 4 g	20 %	Fibre / Fibres 2 g	8 %
+ Trans / trans 0 g		Sugars / Sucres 15 g	
Cholesterol / Cholestérol 0 mg	0 %	Protein / Protéines 2 g	
Sodium / Sodium 5 mg	1 %	Vitamin A / Vitamine A	2 %
Vitamin A / Vitamine A	2 %	Calcium / Calcium	2 %
Calcium / Calcium	2 %	Vitamin C / Vitamine C	10 %
Vitamin C / Vitamine C	10 %	Iron / Fer	4 %
Iron / Fer	4 %		

CANADIAN BILINGUAL LINEAR

Nutrition Facts	Serving Size (126 g): Servings Per Container: Calories 160
Fat 9 g (14 %), Saturated 4 g + Trans 0 g (20 %), Cholesterol 0 mg, Sodium 5 mg (1 %), Carbohydrate 20 g (7 %), Fibre 2 g (8 %), Sugars 15 g, Protein 2 g, Vitamin A (2 %), Vitamin C (10 %), Calcium (2 %), Iron (4 %). % = % Daily Value	
Valeur nutritive	Portion (126 g): Portions par contenant: Calories 160
Lipides 9 g (14 %), saturés 4 g + trans 0 g (20 %), Cholestérol 0 mg, Sodium 5 mg (1 %), Glucides 20 g (7 %), Fibres 2 g (8 %), Sucres 15 g, Protéines 2 g, Vitamine A (2 %), Vitamine C (10 %), Calcium (2 %), Fer (4 %). % = % valeur quotidienne	

CANADIAN BILINGUAL SIMPLIFIED

Nutrition Facts	
Valeur nutritive	
Serving Size (126 g) / Portion (126 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 9 g	14 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Sodium / Sodium 5 mg	1 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 15 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	2 %
Iron / Fer	4 %
Not a significant source of cholesterol.	
Source négligeable de cholestérol	

CANADIAN DUAL DECLARATION. The Canadian layout for the Dual Declaration differs slightly from the U.S. version.

Nutrition Facts

Serving Size (28 g) 1 bar
Servings Per Container 16

Amount	cereal	w/milk†
Calories	100	230
	% Daily Value	
Fat 0.2 g*	0 %	8 %
Saturated 0.1 g	1 %	15 %
+ Trans -- g		
Cholesterol 0 mg	0 %	7 %
Sodium 200 mg	8 %	14 %
Carbohydrate 24 g	8 %	12 %
Fibre 1 g	4 %	4 %
Sugars 3 g		
Protein 2 g		
Vitamin A	15 %	25 %
Vitamin C	10 %	10 %
Calcium	0 %	25 %
Iron	60 %	60 %

* Amount in cereal
† w/milk adds 130 Calories, 5 g Fat (3 g Saturated), 20 mg Cholesterol, 130 mg Sodium, 13 g Carbohydrate (12 g Sugars), 8 g Protein.

CANADIAN BILINGUAL AGGREGATE

Nutrition Facts / Valeur nutritive

Serving Size / Portion Servings Per Container Portions par contenant	Apples, small, raw, with skin Apples, small, raw, with skin (106 g)		Apples, medium, raw, with skin Apples, medium, raw, with skin (182 g)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	60		90	
Fat / Lipides	0.2 g	1 %	0.3 g	1 %
Saturated / saturés	0 g	0 %	0.1 g	1 %
+ Trans / trans	0 g		0 g	
Cholesterol / Cholestérol	0 mg		0 mg	
Sodium / Sodium	1 mg	1 %	2 mg	1 %
Carbohydrate / Glucides	15 g	5 %	25 g	8 %
Fibre / Fibres	3 g	12 %	4 g	16 %
Sugars / Sucres	11 g		19 g	
Protein / Protéines	0.3 g		0.5 g	
Vitamin A / Vitamine A		0 %		0 %
Vitamin C / Vitamine C		8 %		15 %
Calcium / Calcium		0 %		0 %
Iron / Fer		0 %		2 %

* DV = Daily Value / VQ = valeur quotidienne

CANADIAN BILINGUAL DUAL

Nutrition Facts / Valeur nutritive

Serving Size 1 cup / Portion 1 tasse

Servings Per Container 3 / Portions par contenant 3

Amount Teneur	Cereal cereal	w/milk† avec du lait†
Calories / Calories	100	280
% Daily Value / % valeur quotidienne		
Fat / Lipides 1.5 g*	2 %	15 %
Saturated / saturés 0.3 g	2 %	26 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 190 mg	8 %	14 %
Carbohydrate / Glucides 21 g	7 %	12 %
Fibre / Fibres 3 g	12 %	12 %
Sugars / Sucres 1 g		
Protein / Protéines 3 g		
Vitamin A / Vitamine A	25 %	35 %
Vitamin C / Vitamine C	10 %	20 %
Calcium / Calcium	10 %	40 %
Iron / Fer	60 %	80 %

* Amount in Cereal / Teneur de cereal

† w/milk adds 180 Calories, 9 g Fat (4.5 g Saturated, 0.2 g Trans), 35 mg Cholesterol, 150 mg Sodium, 16 g Carbohydrate (11 g Sugars), 9 g Protein. / avec du lait ajoute 180 Calories, 9 g Lipides (4.5 g saturés, 0.2 g trans), 35 mg Cholestérol, 150 mg Sodium, 16 g Glucides (11 g Sucres), 9 g Protéines.