

SAFEGUARDS

SGS CONSUMER TESTING SERVICES

FOOD

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CANADA - ENHANCED LABELLING REGULATIONS FOR FOOD ALLERGENS

On July 13, 2012 the Canadian Food Inspection Agency (CFIA) issued a reminder regarding the enhanced labelling regulations for food allergens¹ which came into effect on August 4, 2012. The regulations were announced on February 16, 2011. At that time, the CFIA and Health Canada posted an advisory stating² that industry would have 18 months to bring their labels into compliance. The readers can refer to our May 11, 2012 SGS SafeGuardS titled "Canada adds Sulphite and Gluten to Allergen Labelling Requirements"³.

CFIA and Health Canada are encouraging companies to adjust their labels based on the new regulations as soon as possible to provide consumers with important allergy information and to ensure compliance to the August 4, 2012 deadline.

Effective August 4, 2012, products that contain undeclared allergens will be subject to CFIA compliance and enforcement activities which may include product recalls where there is a risk to consumers.

Below you can find the overview of the new requirements:

- Most prepackaged products must include food allergens, gluten sources, and sulphites in the list of ingredients or in a statement that begins with "Contains:.." on their labels.
- Food allergen or gluten sources must be written in commonly used words such as "milk" or "wheat".
- Mustard seed will be added to the regulatory definition of food allergen and will need to be in the list of ingredients or in a statement that begins with "Contains:.." on the label.
- The common names for the plant sources of starches, modified starches, hydrolyzed plant protein and lecithin must be modified to provide source information. For example, the label must indicate hydrolyzed soy protein rather than just hydrolyzed vegetable protein.
- Products that include spelt and Kamut® must declare wheat as an allergen on their labels.
- Sulphites in products above 10 ppm will need to be in the list of ingredients or in a statement that begins with "Contains:.." on the label.



¹ [Enhanced labelling regulations for food allergens](#)

² [CFIA and Health Canada advisory stating](#)

³ [May 11, 2012 SGS SAFEGUARDS "Canada adds Sulphite and Gluten to Allergen Labelling Requirements"](#)

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- Products must list any components of an ingredient that are food allergens, gluten sources, or sulphites (when 10 ppm or more). For example, if a prepackaged food contains the ingredient "spices", that food will be required to list any allergens, gluten sources, or sulphites present in the spices, such as mustard.
- Food allergens present in wine and spirits as a result of the use of fining agents made from allergenic ingredients such as eggs, fish, milk, etc, must be shown on the label of the product.
- Prepackaged fruits and vegetables that have a protective edible coating or wax must include the source of any allergen or gluten on their labels.

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