

Bilingual Simplified Standard Format Nutrition Facts Table (NFT) Example for Honey

Fig 6.1(B)

Nutrition Facts	
Valeur nutritive	
Per 1 tbsp (20 g) / par 1 c. à soupe (20 g)	
Calories 60	% Daily Value*
	% valeur quotidienne
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 16 g	
Sugars / Sucres 16 g	16 %
Protein / Protéines 0.1 g	
Potassium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
Not a significant source of saturated fat, trans fat, fibre, cholesterol, sodium, or calcium.	
Source négligeable de lipides saturés, lipides trans, fibres, cholestérol, sodium et calcium	
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Source: Canadian Nutrient File, Food Code #4294 Sweets, honey, strained or extracted, updated 2018-02-06.

For use on consumer prepackaged honey.

For illustrative purposes only, the format and size required should be based on the product's Available Display Surface.

Manufacturers are solely responsible for ensuring compliance of their labels, including the Nutrition Facts Table, to all relevant Regulations.

Honey that is not offered for sale as a consumer prepackaged product should follow B.01.404(1) FDR, Foods for Use in Manufacturing Other Foods, and provide nutrition data to the purchaser on a per 100 g basis.