

Summary Table of Disease Risk Reduction Claims

Table 8-1
(May 2009)

Column 1 Claim	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement
<p>1. Disease Risk Reduction Claims with Respect to Sodium and Potassium</p> <p>(1) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is sodium-free."</p> <p>(2) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is low in sodium."</p> <p>(3) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is a good source of potassium and is sodium-free."</p> <p>(4) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is a good source of potassium and is low in sodium."</p> <p>(5) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is high in potassium and is sodium-free."</p> <p>(6) "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is high in potassium and is low in sodium."</p>	<p>The food</p> <p>(a) other than a vegetable or fruit, does not meet the conditions set out in column 2 of the subject "low in energy" set out in item (b) of Table 7-3 of this Guide.</p> <p>(b) contains at least 10% of the weighted recommended nutrient intake of a vitamin or a mineral nutrient (see Table 6-5), (i) per reference amount and per serving of stated size, or (ii) per serving of stated size, if the food is a prepackaged meal;</p> <p>(c) meets the conditions set out in column 2 of the subject "low in saturated fatty acids" set out in item (b) of Table 7-6 in this Guide</p> <p>(d) contains 0.5% or less alcohol;</p> <p>(e) meets the conditions set out in column 2 of the subject "free of sodium or salt" set out in item a) of Table 7-10 of this Guide, if the label of or advertisement for the food carries statement or claim (1), (3), or (5) set out in column 1 of this item;</p> <p>(f) meets the conditions set out in column 2 of the subject "low in sodium or salt" set out in item b) of Table 7-10, if the label of or advertisement of the food carries statement or claim (2), (4), or (6) set out in column 1 of this item; and</p> <p>(g) contains 350 mg or more of potassium, if the label of or advertisement for the food carries statement or claims (3), (4), (5), or (6) set out in column 1 of this item, (i) per reference amount and per serving of stated size, or (ii) per serving of stated size, if the food is a prepackaged meal.</p>	<p>1. When the statement or claim is made on the label of or in the advertisement for a prepackaged product, by or on the direction of the manufacturer of the product, the Nutrition Facts table shall include the amount of potassium, in accordance with item 9 of Table 6-2 of this Guide [B.01.402(2)].</p> <p>2. When the statement or claim is made on the label of or in the advertisement for a food that is not a prepackaged product, or in the advertisement for a prepackaged product that is not made or placed by or on the direction of the manufacturer of the product, the label or advertisement shall include the amount of sodium and potassium per serving of stated size, in accordance with B.01.602 if applicable.</p> <p>Nutrition Facts table required on products otherwise exempted by B.01.401(2) (a)&(b). [B.01.401(3)(e)(ii)]</p> <p>(See 5.3 of this Guide)</p> <p>[Item 1, Table following B.01.603]</p>

Column 1 Claim	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement
<p>2. Disease Risk Reduction Claims with Respect to Calcium and Vitamin D</p> <p>(1) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is a good source of calcium."</p> <p>(2) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is high in calcium."</p> <p>(3) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is an excellent source of calcium."</p> <p>(4) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is very high in calcium."</p> <p>(5) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is an excellent source of calcium and vitamin D."</p> <p>(6) "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is very high in calcium and vitamin D."</p>	<p>The food</p> <p>(a) other than a vegetable or fruit, does not meet the conditions set out in column 2 of the subject "low in energy" set out in item (b) of Table 7-3 of this Guide;</p> <p>(b) contains no more phosphorus, excluding that provided by phytate, than calcium;</p> <p>(c) contains 0.5% or less alcohol;</p> <p>(d) contains, if the label of or advertisement for the food carries statement or claim (1) or (2) set out in column 1, (i) 200 mg or more of calcium per reference amount and per serving of stated size, or (ii) 300 mg or more of calcium per serving of stated size, if the food is a prepackaged meal;</p> <p>(e) contains, if the label of or advertisement for the food carries statement or claim (3), (4), (5) or (6) set out in column 1, (i) 275 mg or more of calcium per reference amount and per serving of stated size, or (ii) 400 mg or more of calcium per serving of stated size, if the food is a prepackaged meal; and</p> <p>(f) contains 1.25 µg or more of vitamin D, if the label of or advertisement for the food carries statement or claim (5) or (6) set out in column 1, (i) per reference amount and per serving of stated size, or (ii) per serving of stated size, if the food is a prepackaged meal.</p>	<p>1. When the statement or claim is made on the label of or in the advertisement for a prepackaged product, by or on the direction of the manufacturer of the product, the Nutrition Facts table shall include the amount of vitamin D and phosphorus, in accordance with item 14 of Table 6-2 [B.01.402(2)].</p> <p>or</p> <p>2. When the statement or claim is made on the label of or in the advertisement for a food that is not a prepackaged product, or in the advertisement for a prepackaged product that is not made or placed by or on the direction of the manufacturer of the product, the label or advertisement shall include the amount of vitamin D, calcium, and phosphorus per serving of stated size, in accordance with B.01.602 if applicable.</p> <p>Nutrition Facts table required on products otherwise exempted by B.01.401(2) (a) & (b). [B.01.401(3)(e)(ii)]</p> <p>(See 5.3 of this Guide)</p> <p>[Item 2, Table following B.01.603]</p>

Column 1 Claim	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement
<p>3. Disease Risk Reduction Claims with Respect to Saturated and <i>Trans</i> fats</p> <p>(1) "A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Naming the food) is free of saturated and trans fats."</p> <p>(2) "A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Naming the food) is low in saturated and trans fats."</p>	<p>The food</p> <p>(a) other than a vegetable or fruit, does not meet the conditions set out in column 2 of the subject "low in energy" set out in item (b) of Table 7-3 of this Guide;</p> <p>(b) contains at least 10% of the weighted recommended nutrient intake of a vitamin or a mineral nutrient</p> <p style="padding-left: 40px;">(i) per reference amount and per serving of stated size, or</p> <p style="padding-left: 40px;">(ii) per serving of stated size, if the food is a prepackaged meal;</p> <p>(c) contains 100 mg or less of cholesterol per 100 g of food;</p> <p>(d) contains 0.5% or less alcohol;</p> <p>(e) if it is a fat or an oil, meets the conditions set out in column 2</p> <p style="padding-left: 40px;">(i) of the subject "source of omega-3 polyunsaturated fatty acids" (item (a) of Table 7-8) or</p> <p style="padding-left: 40px;">(ii) the subject "source of omega-6 polyunsaturated fatty acids" (item (b) of Table 7-8), or</p> <p style="padding-left: 40px;">(iii) both (i) and (ii);</p> <p>(f) contains</p> <p style="padding-left: 40px;">(i) 480 mg or less of sodium per reference amount and per serving of stated size, and per 50 g if the reference amount is 30 g or 30 mL or less, or</p> <p style="padding-left: 40px;">(ii) 960 mg or less of sodium per serving of stated size, if the food is a prepackaged meal;</p> <p>(g) meets the conditions set out in column 2 of the subject "free of saturated fatty acids" (item (a) of Table 7-6), if the label of or advertisement for the food carries statement or claim (1) set out in column 1 of this table; and</p> <p>(h) meets the conditions set out in column 2 of the subject "low in saturated fatty acids" (item (b) of Table 7-6) , if the label of or advertisement for the food carries statement or claim (2) set out in column 1 of this table.</p>	<p>If the statement or claim is made on the label of or in the advertisement for a food that is not a prepackaged product, or in the advertisement for a prepackaged product that is not made or placed by or on the direction of the manufacturer of the product, the label or advertisement shall include the amount of saturated fatty acids and <i>trans</i> fatty acids per serving of stated size, in accordance with B.01.602, if applicable.</p> <p>Nutrition Facts table required on products otherwise exempted by B.01.401(2)(a) & (b). [B.01.401(3)(e)(ii)]</p> <p>(See 5.3 of this Guide)</p> <p>[Item 3, Table following B.01.603]</p>

Column 1 Claim	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement
<p>4. Disease Risk Reduction Claims with Respect to Cancer risk reduction</p> <p>"A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer."</p>	<p>The food</p> <p>(a) is one of the following vegetables, fruit, or juice and may contain only sweetening agents, food additives as permitted by these Regulations, salt, herbs, spices, seasonings or water:</p> <ul style="list-style-type: none"> (i) a fresh, frozen, canned or dried vegetable, (ii) a fresh, frozen, canned or dried fruit, (iii) a vegetable or fruit juice, or (iv) a combination of the foods set out in subparagraphs (i) to (iii); <p>(b) is not one of the following</p> <ul style="list-style-type: none"> (i) potatoes, yams, cassava, plantain, corn, mushrooms, mature legumes and their juices, (ii) vegetables or fruit used as condiments, garnishes or flavourings, including maraschino cherries, glacé fruit, candied fruit and onion flakes, (iii) jams or jam-type spreads, marmalades, preserves and jellies, (iv) olives, and (v) powdered vegetables or fruit; and <p>(c) contains 0.5% or less alcohol.</p>	<p>Nutrition Facts table required on products otherwise exempted by B.01.401(2)(a) & (b). [B.01.401(3)(e)(ii)]</p> <p>(See 5.3 of this Guide)</p> <p>[Item 4, Table following B.01.603]</p>
<p>Note: This claim can only be made on vegetables and fruits listed in Item (a). This claim could be made on a fresh fruit salad with fruit juice, a mixed vegetable juice, or mixed frozen vegetables (provided that they don't contain one of the vegetables not permitted to carry the claim, such as corn). This claim would not be allowed on foods listed in Item (b) and on foods that contain more than 0.5% alcohol, e.g. relish, ketchup, strawberry jam, wine, fruit juice based alcoholic beverage. It also can not be made on combination foods that have ingredients other than those listed in Item (a), e.g. cherry pie, vegetable lasagna.</p> <p>Under Item (b)(i) of Column 2 above, one of the items excluded from making the claim is mature legumes. This is to differentiate the mature seeds of legumes such as split peas, kidney beans, black eyed peas, from young pods of legumes, such as edible podded peas, and from immature seeds such as sweet peas, which are considered vegetables.</p>		

Column 1 Claim	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement
<p>5. Disease Risk Reduction Claims with Respect to Dental Caries</p> <p>(1) "Won't cause cavities." (2) "Does not promote tooth decay." (3) "Does not promote dental caries." (4) "Non-cariogenic."</p>	<p>The food is a chewing gum, hard candy or breath freshening product that</p> <p>(a) contains 0.25% or less starch, dextrans, mono-, di- and oligosaccharides or other fermentable carbohydrates combined; or</p> <p>(b) does not, if it contains more than 0.25% fermentable carbohydrates, lower plaque pH below 5.7 by bacterial fermentation during 30 minutes after consumption as measured by the indwelling plaque pH test, referred to in "Identification of Low Caries Risk Dietary Components" by T.N. Imfeld, Volume 11, Monographs in Oral Science, 1983.</p>	<p>When the statement or claim is made on the label of or in the advertisement for a prepackaged product, by or on the direction of the manufacturer of the product, the Nutrition Facts table shall include the amount of sugar alcohols, if present, in accordance with item 12 of Table 6-2 of this Guide. (B.01.402(2)).</p> <p>Nutrition Facts table required on products otherwise exempted by B.01.401(2) (a) & (b). [B.01.401(3)(e)(ii)]</p> <p>[Item 5, Table following B.01.603]</p>

8.5 Function Claims

Food provides energy and the building blocks needed for growth, development, and the maintenance of life and health. Function claims relate to the specific beneficial effects that the consumption of a food or a constituent of a food (nutrient or other component) has on the normal functions or biological activities of the body. Such claims relate to a positive contribution to health and the maintenance of a physiological function or to physical or mental performance.

Function claims are based on the role that the food or the food constituent plays when consumed at levels consistent with normal dietary patterns. See additional information in this Guide regarding quantitative declarations (8.5.2) and standards of evidence (8.5.4(1)).

Nutrient Function Claims

Claims made about known nutrients and their well-established functions that are generally **essential** for the maintenance of good health or for normal growth and development are known as **nutrient function claims**. Nutrient function claims, formerly known as biological role claims, have been allowed on foods for a number of years in Canada. Examples of such claims include "*Protein helps build and repair body tissues*" and "*Vitamin D is a factor in the formation and maintenance of bones and teeth*."

Nutrient function claims are considered a subset of function claims. They are discussed separately in this Guide (8.6) because there is a separate set of conditions for making such claims.