

IMPORTANT INFORMATION

NUTRITION LABELLING REGULATIONS

AN OVERVIEW OF HOW THEY APPLY TO EGGS

NUTRITION LABELLING, NUTRITION CONTENT CLAIMS AND HEALTH CLAIMS FOR EGG CARTONS

As of December 12th, 2007, it is mandatory for all egg cartons to show the Nutrition Facts table.

The labelling regulations are designed to provide a system for conveying information about the nutrient content of food in a standardized format, which allows for comparison among foods at the point of purchase. Clear, uniform information should support consumers in making informed food choices toward healthy eating goals.

The regulations require most prepackaged foods, including eggs, to carry a mandatory Nutrition Facts table listing calories and 13 key nutrients. Specified formats in accordance with the regulations must be used to ensure a consistent look that can be easily recognized by consumers.

| Nutrition Facts | |
|--|----------------------|
| Valeur nutritive | |
| Per 1 large egg (53 g) / pour 1 gros œuf (53 g) | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories 70 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 1.5 g + trans / trans 0 g | 8 % |
| Cholesterol / Cholestérol 195 mg | |
| Sodium / Sodium 65 mg | 3 % |
| Carbohydrate / Glucides 1 g | 1 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 0 g | |
| Protein / Protéines 6 g | |
| Vitamin A / Vitamine A | 10 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 6 % |

The sample bilingual Nutrition Facts table indicates the core information that must always be included in the Nutrition Facts table and the order in which it must be presented.

UPDATED NOVEMBER 2007

As a review, there are three pieces of information that you should be aware of:

Nutrition Facts

Mandatory nutrition labelling on prepackaged foods.

Nutrient Claims

Changes to criteria for nutrient content claims.

Health Claims

Conditions and criteria for diet-related health claims.

Detailed information on the regulatory requirements is available in the publication *2003 Guide to Food Labelling and Advertising*, found on the CFIA website: <http://www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml>

NUTRIENT ANALYSIS UPDATE

The Canadian Egg Marketing Agency has recently completed a nutrient analysis on classic large eggs. These values will be included in the next version of the Canadian Nutrient File, which is expected to be printed in the Spring of 2009.

See inside for details on specific details on the labelling of egg cartons...

IMPORTANT INFORMATION

NEW NUTRIENT ANALYSIS HIGHLIGHTS

CLASSIC LARGE EGGS

| Nutrition Facts | |
|--|---------------------------------------|
| Valeur nutritive | |
| Per 1 large egg (53 g) / pour 1 gros œuf (53 g) | |
| Amount Teneur | % Daily Value % valeur quotidienne |
| Calories / Calories 70 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 1.5 g + trans / trans 0 g | 8 % |
| Cholesterol / Cholestérol 195 mg | |
| Sodium / Sodium 65 mg | 3 % |
| Carbohydrate / Glucides 1 g | 1 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 0 g | |
| Protein / Protéines 6 g | |
| Vitamin A / Vitamine A | 10 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 6 % |

Based on the new regulations 1 large egg is now going to be listed as 53 g, instead of 50 g. Due to this, some nutrient values did change:

- Cholesterol
- Sodium
- Carbohydrate
- Vitamin A
- Iron

At time of next printing, graders should be updating the Nutrition Facts tables on large egg cartons.

For future educational materials and recipes, CEMA and provincial boards will be using this new data when updating and creating new resources.

These values will be included in the next version of the Canadian Nutrient File, which is expected to be printed in the Spring of 2009.

Nutrient values for all egg sizes can be found on the next page.

If you would like a copy of the new Nutrition Facts table for classic large eggs, please contact:

Andrea Smith, RD

Nutrition Officer

Telephone: 613-238-2514 ext. 247

E-mail: asmith@canadaegg.ca

IMPORTANT INFORMATION

WHAT IS THE PURPOSE OF THE REGULATIONS?

The purpose of these regulations are to encourage Canadians to take personal responsibility for their health and well being. Nutrition information on food labels helps to do this by providing consumers with the means to select foods on an informed basis.

The mandatory nutrition labelling system gives consumers access to nutrition information on key nutrients in a standard format on almost all prepackaged foods. The regulations also ensure that nutrient content claims and diet-related health claims on food labels are accurate, non-misleading and are based on current science.

NUTRITION INFORMATION

All nutrition information must be based on the edible portion of the size of the eggs in the egg carton, box or tray. The appropriate values for eggs with no nutrition enhancement (examples are vitamin enhanced eggs, omega-3 enhanced eggs, etc.) are displayed below. These values have been generated according to guidelines set by Health Canada and the Canadian Food Inspection Agency (CFIA).

Note: Rounding rules for nutritional values can be found in the Canada Gazette Part II PDF file (see pages 163-165 for mandatory nutrients and pages 169-171 for optional nutrients).

NUTRITION FACTS FOR EGG CARTONS

| Nutrient | Jumbo (65 g) | % DV | Extra Large (58 g) | % DV | Large (53 g) | % DV | Medium (46 g) | % DV | Small (42 g) | % DV | Peewee (33 g) | % DV |
|---------------------------|-----------------|------|-----------------------|------|-----------------|------|------------------|------|-----------------|------|------------------|------|
| Calories | 90 | | 80 | | 70 | | 70 | | 60 | | 50 | |
| Fat | 7 g | 11 % | 6 g | 9 % | 5 g | 8 % | 4.5 g | 7 % | 4 g | 6 % | 3.5 g | 5 % |
| Saturated Fat + Trans Fat | 2 g + 0 g | 10 % | 2 g + 0 g | 9 % | 1.5 g + 0 g | 8 % | 1.5 g + 0 g | 7 % | 1.5 g + 0 g | 6 % | 1 g + 0 g | 5 % |
| Cholesterol | 235 mg | | 215 mg | | 195 mg | | 170 mg | | 150 mg | | 125 mg | |
| Sodium | 80 mg | 3 % | 75 mg | 3 % | 65 mg | 3 % | 60 mg | 2 % | 50 mg | 2 % | 40 mg | 2 % |
| Carbohydrate | 1 g | 1 % | 1 g | 1 % | 1 g | 1 % | 1 g | 1 % | 1 g | 1 % | 1 g | 1 % |
| Fibre | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % |
| Sugars | 0 g | | 0 g | | 0 g | | 0 g | | 0 g | | 0 g | |
| Protein | 8 g | | 7 g | | 6 g | | 5 g | | 5 g | | 4 g | |
| Vitamin A | | 10 % | | 10 % | | 10 % | | 8 % | | 8 % | | 6 % |
| Vitamin C | | 0 % | | 0 % | | 0 % | | 0 % | | 0 % | | 0 % |
| Calcium | | 2 % | | 2 % | | 2 % | | 2 % | | 2 % | | 2 % |
| Iron | | 6 % | | 6 % | | 6 % | | 4 % | | 4 % | | 4 % |

Note: The nutrient values are based on the edible portion of the egg only (not the shell).

IMPORTANT INFORMATION

IMPORTANT POINTS

- In addition to the list of calories and 13 mandatory core nutrients, it is optional to include other specified nutrients in the Nutrition Facts table.
- Any nutrient that is added to a food or that is the subject of a claim must also be declared in the Nutrition Facts table.
- A declaration of any one of the three groups of fatty acids - monounsaturated, omega-6 or omega-3 polyunsaturates - triggers a declaration of all three.

Graders that market eggs with a nutrient content claim declaring nutrition enhancement such as omega-3 enhanced or vitamin enhanced, must have their own nutrient analysis conducted and display the appropriate values in the Nutrition Facts table according to the regulations.

REGULATIONS FOR OMEGA-3 ENHANCED EGGS

Omega-3 enhanced eggs have a different nutrient profile. Graders that market omega-3 enhanced eggs will need to have their own nutrient analysis done including cholesterol. The omega-3, omega-6 and monounsaturated fat content of these eggs must be declared in the Nutrition Facts table.

WHAT DOES THE % DAILY VALUE MEAN?

The % Daily Value indicates whether there is a lot or a little of a nutrient in a serving of the food. The % Daily Value is based on recommendations for a healthy diet and shows how a food fits into what you may eat over the course of a day. For example, Health Canada recommends that a healthy diet should not include more than 30% of calories from fat. For a 2,000 calorie diet, this means 65 g of fat per day. This amount is the basis for the Daily Value for fat and the fat content in a serving of food is expressed as a percentage of 65 g.

WHY IS THERE NO % DAILY VALUE FOR SOME NUTRIENTS?

The % Daily Values are based on dietary guidance for healthy populations. In some cases, such as for sugar, there is no recognized guideline on the amount that should be consumed by healthy people. In the case of cholesterol, current scientific evidence does not support setting a limit on cholesterol intake by the general population. However, some individuals under medical care for heart disease are prescribed diets which recommend a reduced cholesterol intake. The amount of cholesterol must be listed in milligrams, but the % Daily Value for cholesterol is optional, so it may or may not be listed in the Nutrition Facts table. The reference value for calculating the % Daily Value for cholesterol is 300 mg per day.

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FORMAT REQUIREMENTS

Available Display Surface

The “available display surface” on an egg carton includes the printable surface on the top of the egg carton, the front, back and side end panels on the lid, and may include the underside of the lid on flat top cartons. In the case of all egg cartons, the ends of the carton lids where the Best Before date and producer code are placed are included in the available display surface. The area occupied by the Universal Product Code is not included in the available display surface.

Currently, the paper label used in some clear plastic cartons covers only a small part of the front panel of the lid. It is important to note that the available display surface of a clear plastic carton includes the entire top, front, back and side end panels of the lid.

Note: CFIA mandatory markings such as **Canada Grade A** and **Keep Refrigerated** do not change from current regulations.

Bilingual Standard Format

Normal width font
8 point type except as indicated
Thin rules - 0.5 point
Rules centred between text

| Nutrition Facts Valeur nutritive | |
|---|---------------------------------------|
| Per 1 large egg (53 g) / pour 1 gros œuf (53 g) | |
| Amount Teneur | % Daily Value % valeur quotidienne |
| Calories / Calories 70 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 1.5 g + trans / trans 0 g | 8 % |
| Cholesterol / Cholestérol 195 mg | |
| Sodium / Sodium 65 mg | 3 % |
| Carbohydrate / Glucides 1 g | 1 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 0 g | |
| Protein / Protéines 6 g | |
| Vitamin A / Vitamine A | 10 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 6 % |

Heading: 13 point bold type with 14 point leading
Serving of stated size: 10 point leading
Subheadings: 6 point bold type with 12 point leading
7 point leading
6 point indent
9 point leading
Calories and non-indented nutrients in bold type, amount in medium type, 12 point leading
Medium type
Space before and after forward slash
Medium type with 14 point leading
Medium type with 12 point leading

2 point rule
1 point rule
Text enclosed by a box with a 0.5 point rule within 3 points of text
Value centred against multi-line information on left
Numbers in bold type, % sign in medium type, space between number and % sign
Space between number and unit
2 point rule

ORIENTATION OF NUTRITION FACTS TABLE

When there is sufficient space to do so, the Nutrition Facts table must be oriented in the same manner as other information appearing on the package, otherwise it should be oriented in another manner that fits. For example if the Bilingual Standard Format will not fit vertically, it may be displayed horizontally as shown below.

| Nutrition Facts Valeur nutritive | Per 1 large egg (53 g) / pour 1 gros œuf (53 g) | % Daily Value % valeur quotidienne |
|---|---|---------------------------------------|
| Calories / Calories 70 | | |
| Fat / Lipides 5 g | | 8 % |
| Saturated / saturés 1.5 g + trans / trans 0 g | | 8 % |
| Cholesterol / Cholestérol 195 mg | | |
| Sodium / Sodium 65 mg | | 3 % |
| Carbohydrate / Glucides 1 g | | 1 % |
| Fibre / Fibres 0 g | | 0 % |
| Sugars / Sucres 0 g | | |
| Protein / Protéines 6 g | | |
| Vitamin A / Vitamine A | | 10 % |
| Vitamin C / Vitamine C | | 0 % |
| Calcium / Calcium | | 2 % |
| Iron / Fer | | 6 % |

The Nutrition Facts table labelling requirements take precedence over any graphics or other non-mandatory text (e.g., company history, Dear Customer...) on packaging. However, mandatory labelling requirements currently enforced by the CFIA must still be followed. Packaging may need to be completely redesigned in order to make the nutrition labelling fit properly according to the regulations. This must be a priority for all egg cartons.

IMPORTANT INFORMATION

FLAT TOP CARTONS PULP, FOAM, CLEAR PLASTIC - ALL SIZES

It is a normal practice for consumers to open egg cartons in the store to check the eggs. For this reason, the underside of the lid can be considered part of the available display surface of the egg carton.

If a company does not wish to use the underside of the lid, they do not have to count it as available display surface.

If a company wishes to put any print (including information on Health Check™, company history, etc.) on the underside of the lid, the entire area will automatically be considered available display surface. Counting the underside of the lid as available display surface will increase the total available display surface and the required size of format of the Nutrition Facts table to be displayed. In other words, if a company wishes to print on the underside of the lid, there will most likely be enough available display surface to accommodate the Bilingual Standard Format in its largest size.

When the Nutrition Facts table is displayed on the underside of the lid, it is recommended that the outer side of the label of the package indicate where the Nutrition Facts table is located, in a type size of not less than 8 points. Acceptable wording would be: "Nutrition Facts inside lid" and "Valeur nutritive à l'intérieur."

NON-FLAT TOP AND VIEW CARTONS

DOUBLE 6, 6 AND 8 PACKS have an available label space of less than 100 cm². Therefore the small package rules apply and companies are permitted to use a toll-free number in place of the Nutrition Facts table.

The toll-free number can be used for generic eggs only. It cannot be used if a claim is made, or if the Health Check™ symbol is displayed.

The toll-free number must appear in a bilingual format in a type size of not less than 8 points. The Canadian Egg Marketing Agency has prepared a toll-free number for national use. Any grader may use it for their generic 6 and 8 pack cartons.

For Nutrition Facts call: 1-866-850-7604

Pour obtenir les valeurs nutritives

téléphonez au : 1-866-850-7604

ONE DOZEN CARTONS

The available display surface of one dozen non-flat top and view cartons should be measured and the appropriate size and format of the Nutrition Facts table determined based on the available display surface. For these cartons, the linear format in English and French is the most feasible option. Claims for additional nutrients trigger the declaration of those nutrients in the Nutrition Facts table. Note that the toll-free number is not an acceptable option for the dozen pulp view carton.

Bilingual Linear Format

| |
|---|
| <p>Nutrition Facts Per 1 large egg (53 g) : Calories 70 Fat 5 g (8 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 195 mg, Sodium 65 mg (3 %), Carbohydrate 1 g (1 %), Fibre 0 g (0 %), Sugars 0 g, Protein 6 g, Vit A (10 %), Vit C (0 %), Calcium (2 %), Iron (6 %). % = % Daily Value</p> <p>Valeur nutritive Pour 1 gros œuf (53 g) : Calories 70 Lipides 5 g (8 %), Lipides saturés 1,5 g + Lipides trans 0 g (8 %), Cholestérol 195 mg, Sodium 65 mg (3 %), Glucides 1 g (1 %), Fibres 0 g (0 %), Sucres 0 g, Protéines 6 g, Vit A (10 %), Vit C (0 %), Calcium (2 %), Fer (6 %). % = % valeur quotidienne</p> |
|---|

IMPORTANT INFORMATION

EGGS FOR HRI

These regulations apply to eggs sold to hotels, restaurants and institutions. For these products, written nutrition information must accompany the product when it is delivered to the purchaser. The information can be displayed on the package (e.g. box) or it can accompany the product by other means (e.g. pamphlet or leaflet). If the information is displayed on an egg box, it may be displayed in the Bilingual Aggregate Format. Additional sizes can be added to this format in order to be all inclusive.

BILINGUAL AGGREGATE FORMAT

| Nutrition Facts / Valeur nutritive Per 1 egg Pour 1 œuf | Large Grand (53 g) | | Medium Moyen (46 g) | | Small Petit (42 g) | |
|---|--------------------------|----------------|---------------------------|----------------|--------------------------|----------------|
| | Amount Teneur | % DV* % VO* | Amount Teneur | % DV* % VO* | Amount Teneur | % DV* % VO* |
| Calories / Calories | 70 | | 70 | | 60 | |
| Fat / Lipides | 5 g | 8 % | 4.5 g | 7 % | 4.0 g | 6 % |
| Saturated / Saturés + trans / trans | 1.5 g | 8 % | 1.5 | 7 % | 1.5 g | 6 % |
| Cholesterol / Cholestérol | 195 mg | | 170 mg | | 150 mg | |
| Sodium / Sodium | 65 mg | 3 % | 60 mg | 2 % | 50 mg | 2 % |
| Carbohydrate / Glucides | 1 g | 1 % | 1 g | 1 % | 1 g | 1 % |
| Fibre / Fibres | 0 g | 0 % | 0 g | 0 % | 0 g | 0 % |
| Sugars / Sucres | 0 g | | 0 g | | 0 g | |
| Protein / Protéines | 6 g | | 5 g | | 5 g | |
| Vitamin A / Vitamine A | | 10 % | | 8 % | | 8 % |
| Vitamin C / Vitamine C | | 0 % | | 0 % | | 0 % |
| Calcium / Calcium | | 2 % | | 2 % | | 2 % |
| Iron / Fer | | 6 % | | 4 % | | 4 % |

*DV = Daily Value / VO = valeur quotidienne

There are specific provisions for foods that are shipped to a purchaser on a continual basis, with no change to the formulation. In some cases the information can be provided with the first shipment only, provided the purchaser agrees to the arrangement in writing. For more information please consult the CFIA's Nutrition Labelling Toolkit, Section H.

www.inspection.gc.ca/english/fssa/labeti/nutrikits/ecthe.shtml

The accompanying information for eggs used in the manufacturing of other foods must be expressed in a specific way. Please consult section H of the Nutrition Labelling Toolkit for more information.

NUTRIENT CONTENT CLAIMS

What are nutrient content claims?

Nutrient content claims are claims that highlight a specific nutrient in a food such as "excellent source of protein". The regulations specify the exact conditions for a food to qualify for a nutrient content claim. Only the nutrient content claims set out in the regulations are allowed. Specific claims are limited in accordance with criteria outlined in the regulations. The following table highlights the nutrient content claims that can be used on egg cartons.

Nutrient Values and Permissible Claims for Whole Eggs

| NUTRIENT | 1 LARGE EGG (53 g) | PERMISSIBLE CLAIMS |
|----------------------------|--------------------|---|
| Protein | 6 g | <ul style="list-style-type: none"> excellent source of protein very high protein very high in protein rich in protein |
| Sodium | 65 mg | <ul style="list-style-type: none"> low sodium low in sodium |
| Vitamin A | 10 % RDI* | <ul style="list-style-type: none"> a source of vitamin A contains vitamin A |
| Vitamin D** | 15 % RDI | <ul style="list-style-type: none"> a good source of vitamin D high in vitamin D |
| Vitamin E** | 15 % RDI | <ul style="list-style-type: none"> a good source of vitamin E high in vitamin E |
| Folate** | 15 % RDI | <ul style="list-style-type: none"> a good source of folate high in folate |
| Vitamin B ₁₂ ** | 50 % RDI | <ul style="list-style-type: none"> excellent source of vitamin B₁₂ very high in vitamin B₁₂ |
| Niacin** | 8 % RDI | <ul style="list-style-type: none"> a source of niacin contains niacin |
| Riboflavin** | 15 % RDI | <ul style="list-style-type: none"> a good source of riboflavin high in riboflavin |
| Zinc** | 6 % RDI | <ul style="list-style-type: none"> a source of zinc contains zinc |
| Pantothenic Acid** | 20 % RDI | <ul style="list-style-type: none"> a good source of pantothenic acid high in pantothenic acid |
| Phosphorous** | 6 % RDI | <ul style="list-style-type: none"> a source of phosphorous contains phosphorous |
| Selenium** | 35 % RDI | <ul style="list-style-type: none"> excellent source of selenium very high in selenium |

* % RDI reflects the amount of a nutrient in an egg based on the Recommended Daily Intakes for Canadians.

** note that claims for these nutrients trigger their declaration in the Nutrition Facts table.

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OMEGA-3 CLAIM

Omega-3 enhanced eggs are eligible to claim “source of omega-3 polyunsaturates”, when they contain 0.3 g or more of omega-3 polyunsaturated fatty acids per serving size and reference amount.

Where the omega-3 nutrient content claim is used as described above, the word “omega-3” may also appear on the label, on the condition that it directly proceeds or follows the claim. The claim “omega-3” on its own is not permitted on an egg label without the nutrient content claim.

| Nutrition Facts | |
|--|----------------------|
| Valeur nutritive | |
| Per 1 large omega-3 egg (53 g) Pour 1 gros œuf oméga-3 (53 g) | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories 70 | |
| Fat / Lipides 4.5 g 7 % | |
| Saturated / saturés 1.5 g | 3 % |
| + trans / trans 0 g | 0 % |
| Polyunsaturates / polyinsaturés 1.0 g | 2 % |
| Omega-6 / oméga-6 0.7 g | 14 % |
| Omega-3 / oméga-3 0.4 g | 8 % |
| Monounsaturates / monoinsaturés 2 g | 4 % |
| Cholesterol / Cholestérol 105 mg | 21 % |
| Sodium / Sodium 65 mg | 3 % |
| Carbohydrate / Glucides 1 g | 1 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 0 g | 0 % |
| Protein / Protéines 6 g | 12 % |
| Vitamin A / Vitamine A | 10 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 6 % |

This is a sample of an omega-3 egg Nutrition Facts table.

Its purpose is to show you the order in which an omega-3 egg Nutrition Facts table should be presented.

Do not use this Nutrition Facts table for printing on egg cartons.

Which health claims are currently permitted?

Only health claims supported by sound scientific evidence are permitted. The regulations specify the wording to ensure consistency and accuracy, which helps consumers make informed choices, thereby reducing their risk of developing chronic diseases.

The regulations also specify the criteria that a food must meet to qualify for a health claim. For example, a food with a health claim related to heart disease must be low in saturated and *trans* fat. The regulations also set limits on other nutrients that may play a role in developing heart disease, such as cholesterol and sodium.

The permitted claims are about the following diet/health relationships:

| DIET | RISK REDUCTION |
|--|----------------|
| Low in saturated and <i>trans</i> fat | Heart disease |
| High in calcium and vitamin D | Osteoporosis |
| Rich in vegetables and fruit | Cancer |
| Low in sodium and high in Potassium | Blood pressure |
| Low in sugar alcohols/ fermentable carbohydrates | Dental caries |

Can Health Claims Be Used On Egg Cartons?

Currently, eggs do not meet the conditions for any of the permitted health claims.

In order to qualify for the heart health claim for foods low in saturated and *trans* fat, a food must also contain no more than 100 mg of cholesterol per 100 g. Therefore, although eggs contain little saturated fat and no *trans* fat, they may not make this health claim.

HEALTH CLAIMS

Diet-related health claims in Canada

In Canada, a number of messages about how diet affects health are permitted on food labels and advertisements. These optional health claims highlight the characteristics of a diet that reduces the risk of developing a disease such as cancer or heart disease. They also reinforce how the food fits into a healthy diet.

IMPORTANT INFORMATION

HEALTH CHECK™



Egg cartons that display the Health Check™ logo, must display the nutrition information in a format consistent with the new regulations as outlined in this document. The explanatory message shown below must also be displayed.

Health Check™ Explanatory Message

Health Check™

† Enjoying a variety of foods is part of healthy eating. Eggs are a nutritious food and, like many foods, should be eaten in moderation. Canadian egg producers financially support the Health Check™ education program. This is not an endorsement.

See www.healthcheck.org

Visez santé^{MC}

† Savourer une variété d'aliments fait partie d'une alimentation saine. Les œufs sont nutritifs et devraient, comme plusieurs aliments, être consommés avec modération. Les producteurs d'œufs du Canada appuient financièrement le programme éducatif Visez santé^{MC}. La fondation ne privilégie aucun produit.

Voir www.visezsante.org

All Canadian shell eggs are eligible to participate in the Health Check™ program. Health Check™ is a national food information program developed by the Heart and Stroke Foundation of Canada to help consumers make healthy food choices.

For more information on how to implement the Health Check™ program on your egg cartons, please contact Andrea Smith, Nutrition Officer, at 613-238-2514 ext. 247 or e-mail asmith@canadaegg.ca.

ENFORCEMENT

The CFIA will enforce the regulations.

The Canadian Food Inspection Agency (CFIA) is responsible for enforcing these regulations. Inspectors from the CFIA have been trained on the regulations to enable them to encourage and verify industry compliance. Inspection manuals for each of the current food programs will be updated with the current regulations. For more information call your CFIA representative.

Industry is responsible for complying with the regulatory requirements.

Visit the CFIA web site for more information.

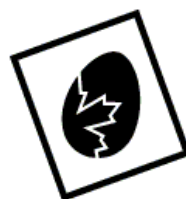
Detailed information on the regulatory requirements is available in the publication *2003 Guide to Food Labelling and Advertising*, found on the CFIA website:

<http://www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml>

FOR MORE INFORMATION

For general information on these regulations visit Health Canada at:

www.healthcanada.ca/nutritionlabelling



CANADIAN EGG
MARKETING AGENCY
OFFICE CANADIEN DE
COMMERCIALISATION
DES OEUFS

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