Consumers rely on food labels to make informed purchase decisions that affect their daily eating habits. More specifically, the Nutrition Facts table provides a breakdown that can help them compare similar products to make these food choices. Restaurant goers can make similar decisions when reviewing nutritional information on menus, to select which meals will contribute to their daily calorie intake. Pet owners also need to review the food label to evaluate nutrient concentrations in dog and cat foods when making a decision on the optimal diet for their pets.

WHEN DO YOU NEED TO CONDUCT NUTRITIONAL ANALYSIS?
The responsibility of identifying nutritional information on a label lies with the food manufacturer, when looking to:

- Generate a Nutrition Facts table
- Make a nutritional claim or bring a new product to market
- Confirm nutritional values after a reformulation or as a routine verification check
- Meet menu labelling requirements for restaurants
- Provide a guaranteed analysis or AAFCO nutrient profile for pet food

LABELLING REQUIREMENTS
A nutritional label is mandatory for all prepackaged foods in Canada and the US and must follow a standardized template. It includes the following components:

- **Nutrition Facts table** – provides information on calories and 13 core nutrients, as well as their percent daily value (%DV). Nutritional values are based on the serving size indicated at the top. The label must include a footnote that explains how to interpret %DV, which can help consumers get a sense of what is too much or too little. It is also mandatory to declare the trans fat content on the label.

- **Ingredients list** – catalogues ingredients in order of highest to lowest quantity in the food product.

- **Health claims or nutrition content claims** – can include statements such as “no salt added” to increase interest in purchasing your food product.

- **Guaranteed analysis** – required for all pet food labels to advise purchasers of the product’s nutrient content.

- **AAFCO nutrient profile** – required only for dog and cat food labels that declare the food to be ‘complete and balanced.’
NUTRITIONAL LABELLING

HOW CAN BUREAU VERITAS HELP YOU?

The most accurate way to conduct a nutritional analysis is by engaging a food testing laboratory. Bureau Veritas provides major global food manufacturers, grocery retailers, fast food operators and distributors with reliable nutritional labelling analyses. Our ISO 17025 accredited laboratory uses AOAC methodologies in compliance with labelling regulations for Canada and the US. Bureau Veritas offers nutritional analysis services in:

- **Consumer food testing** – to help prepare a Canadian or US Nutrition Facts table, a proximate analysis for crude nutrient components, or a calorie breakdown. We have also partnered with the Nutrifacts Graphics division of Barcode Graphics to provide a label printing service following our analysis.

- **Pet food testing** – to provide a ‘guaranteed analysis’ with minimum and maximum content percentages. We can also provide an Association of American Feed Control Officials (AAFCO) nutrient profile for either growth and reproduction formulas or for adult maintenance.

- **Specific nutrient testing** – to provide a breakdown of vitamins, minerals, iodine, amino acids, a fatty acid profile and other nutrients based on your requirements.

ABOUT US

Bureau Veritas is a North American provider of testing, auditing, certification and training services to the food and agriculture industries. Our work ensures the safety and quality of our customers’ food from farm to fork, enabling them to meet regulatory compliance and sustainability objectives. Founded in 1828, Bureau Veritas is the global leader in testing, inspection and certification services with 78,000 employees in 1,500 locations worldwide.