

May 2024



CANADA BEEF

PREMIUM QUALITY  
GRAIN-FED  
CANADIAN BEEF

# GROUND BEEF NUTRITION LABEL CHANGES

## BEEF WATCH REPORT FOR MAY 2024

### GROUND BEEF: NUTRITION LABEL IMPACTED BY POTASSIUM AND SODIUM DV CHANGES

On October 20, 2022, Health Canada published an amendment to the [Nutrition labelling - Table of daily values](#), updating the daily values (DVs) for potassium and sodium. The Table of daily values is used to calculate the % daily values (% DV) for nutrients in the Nutrition Facts table (NfT) and used to determine nutrient content claims.

The following are the new DVs by age group for each nutrient:

For labelling food products intended for:	Potassium DV (mg)	Sodium DV (mg)
Infants 6 – 12 months	860	no change
Children 1 – 4 years	2,000	1,200
All other age groups	3,400	no change

#### IMPLICATIONS FOR BEEF NUTRITION FACTS TABLES (NFTs)

For most beef products that carry an NfT (e.g. ground beef) the revised potassium DV increases the % DV on the NfT (foods for infants 6 to 12 months are an exception to this). The new potassium DV will allow more beef products to make a potassium content claim.

For food products intended solely for children 1 to 4 years of age, using the new DV for sodium for this age group will result in higher % DV declaration in the NfT. This will not impact sodium content claims because only a “no added sodium or salt” claim is permitted on foods intended solely for children under 4 years of age.

#### WHEN WILL INDUSTRY NEED TO COMPLY?

Food manufacturers have until January 1, 2026, to update their nutrition labels to comply with the updated daily values. A transition period provision is currently in place. During this time, pre-packaged products can continue to be labelled in accordance with the [previous version of the Table of daily values \(dated December 14, 2016\)](#), until December 31, 2025.

After January 1, 2026, only the updated 2022 Table of daily values will be in effect.

#### WHY WERE POTASSIUM AND SODIUM DAILY VALUES REVISED?

Potassium and Sodium are Nutrients of Concern:

- Potassium is a nutrient of public health concern because of low population intakes and a high prevalence of hypertension in Canada. Increasing potassium intake can help to reduce blood pressure in people with hypertension.
- Sodium is a nutrient of public health concern because Canadians consume too much sodium. High sodium intake can increase the risk of hypertension, which is an important risk factor for heart disease, stroke, and kidney disease.

The National Academies of Sciences, Engineering and Medicine published updated [Dietary Reference Intakes \(DRIs\) for Sodium and Potassium](#) in 2019. Health Canada updated the Table of daily values based on the new 2019 DRIs for potassium and sodium for specific age groups.

#### POTASSIUM: BEEF'S CONTRIBUTION

While fruits, vegetables and whole grains are typically thought of as the best sources of potassium, certain meats, like beef, can make a meaningful contribution to intakes. A 100 g serving of cooked beef contains 300 mg of potassium, or 9% of the daily value. This is within the range of foods like tomatoes (292 mg per 1 medium), orange juice (262 mg per ½ cup), and 1 small banana (362 mg).

#### For More Information:

##### Health Canada 2022 Notice of Modification

[Notice of modification to update the incorporated by reference document entitled nutrition labelling – Table of daily values](#)

##### Canada Beef NfT Resource for Retailers - Updated May 2024

[Guidance document: Creating ground beef Nutrition Facts table labels in Canada](#)

##### Source for Potassium Values

Health Canada. Canadian Nutrient File, 2015. Food Codes Beef 6172, Tomato 2460, Orange Juice 1619, Banana 1704.