



# Guidance Document: Creating Ground Beef Nutrition Facts Table Labels in Canada

## Ground Beef Nutrition Facts Tables

Attached are draft examples of Nutrition Facts tables (NFTs) that can be used as guidance to develop NFTs for the four types of ground beef: Regular, Medium, Lean, Extra Lean. The nutrition values in the NFTs in this document are based on the nutrient profiles currently available in the 2015 Canadian Nutrient File and the updated 2016 nutrition labelling requirements outlined by Health Canada and the Canadian Food Inspection Agency (CFIA).

### New Requirement as of January 1, 2026:

Health Canada amended the daily values for potassium and sodium for specific age groups in the [Table of daily values](#) on October 20, 2022. The % daily values (% DVs) in the NFT examples in this document are based on these updated daily values. Manufacturers have until January 1, 2026 to comply with the updated Table of daily values.

### Important to Note:

Treat the NFTs in this document as examples to follow. The NFTs must be in both English and French, unless exempt from bilingual labelling. Sizing will vary depending on package size. A graphic designer needs to follow the CFIA guidance document to comply to the format standards: [Nutrition Facts table Formats](#).

**NOTE: Processors/packers/retailers are required to develop their own NFTs for ground beef packaging as dictated by CFIA. See below\* for further detail outlining this responsibility. See below\*\* for detail from CFIA on your responsibility as a processor, packer or retailer of ground beef.**

The data provided here is based on the current Canadian Nutrient File (CNF) data, as generated from the Nutritional Composition of Ground Beef study conducted by Diversified Research Laboratories (1999), at the request of Canada Beef (formerly the Beef Information Centre) with data collection methods determined in collaboration with Health Canada. Outside of CFIA accredited lab analysis, CNF data would likely be viewed as the most credible database source to use for development of NFTs.

**\*Disclaimer & Packer/Processor/Retailer Responsibility for NFT:** Although Canada Beef believes the nutrient values accurately describe the nutritional content of ground beef in Canada, we make no representation or warranty of any kind and disclaim all liability of any kind whatsoever arising out of your use of this information.

**\*\***"The CFIA uses the [Nutrition Labelling Compliance Test](#) to assess the accuracy of the nutrient values on food labels and in advertising via laboratory analysis. It is the company's responsibility to ensure that the nutrient values presented in the NFT are accurate. There are different ways to generate these values including the use of validated analytical methods by laboratories or calculation by using credible databases or software. Lab analysis is generally the most accurate method of determining the nutritional profile of a given food; however, calculation may also be used if the manufacturer is confident that the results are accurate. The manufacturer must take into account various factors when choosing how to determine the nutrition values including the nature of the food, possible processing losses, seasonal variations, geographical variations, variable formulations, and so forth. The manufacturer should choose the risk management strategy best suited to the foods to be labelled." - [CFIA](#)

## Extra Lean Ground Beef

Raw (100 g)  
CNF code: 4996

Maximum Fat Content: 10%

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
<b>Calories 160</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 8 g</b>	<b>11 %</b>
Saturated / saturés 3 g + Trans / trans 0.3 g	17 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g Sugars / Sucres 0 g	0 % 0 %
<b>Protein / Protéines 21 g</b>	
<b>Cholesterol / Cholestérol 55 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
Potassium 300 mg	9 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## Medium Ground Beef

Raw (100 g)  
CNF code: 2690

Maximum Fat Content: 23%

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
<b>Calories 250</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 19 g</b>	<b>25 %</b>
Saturated / saturés 8 g + Trans / trans 0.5 g	43 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g Sugars / Sucres 0 g	0 % 0 %
<b>Protein / Protéines 19 g</b>	
<b>Cholesterol / Cholestérol 60 mg</b>	
<b>Sodium 60 mg</b>	<b>3 %</b>
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## Lean Ground Beef

Raw (100 g)  
CNF code: 2683

Maximum Fat Content: 17%

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
<b>Calories 210</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 14 g</b>	<b>19 %</b>
Saturated / saturés 5 g + Trans / trans 0.5 g	28 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g Sugars / Sucres 0 g	0 % 0 %
<b>Protein / Protéines 20 g</b>	
<b>Cholesterol / Cholestérol 60 mg</b>	
<b>Sodium 65 mg</b>	<b>3 %</b>
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## Regular Ground Beef

Raw (100 g)  
CNF code: 2786

Maximum Fat Content: 30%

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
<b>Calories 290</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 25 g</b>	<b>33 %</b>
Saturated / saturés 10 g + Trans / trans 0.5 g	53 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g Sugars / Sucres 0 g	0 % 0 %
<b>Protein / Protéines 17 g</b>	
<b>Cholesterol / Cholestérol 65 mg</b>	
<b>Sodium 60 mg</b>	<b>3 %</b>
Potassium 225 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## Front-of-Package Nutrition Labelling

Health Canada has introduced new front-of-package (FOP) nutrition labelling Regulations. These came into force on July 20, 2022, as published in the Canada Gazette, Part II, Volume 156, Number 15.

According to these Regulations, a FOP nutrition symbol will be mandatory on most prepackaged food products sold at retail.

Regulated parties must comply as of January 1, 2026.

### Most Single-ingredient Ground Beef is Exempt from Front-of-Package Labelling

Raw single ingredient ground meat, including ground beef, is conditionally exempt from Canada's Front-of-Package (FOP) Nutrition Symbol labelling requirement. If you wonder if your product qualifies for this exemption, refer to:

- [Canada's Front-of-Package Nutrition Symbol Regulations:](https://canadagazette.gc.ca/rp-pr/p2/2022/2022-07-20/html/sor-dors168-eng.html) (https://canadagazette.gc.ca/rp-pr/p2/2022/2022-07-20/html/sor-dors168-eng.html)
- [Canada Beef's FOP Industry Implementation Support Guide:](https://cdnbeefperforms.ca/wp-content/uploads/2023/09/FOP-Nutrition-Symbol-Labelling-Regulations-Canada-Beef-Industry-Implementation-Support-Guide.pdf) (https://cdnbeefperforms.ca/wp-content/uploads/2023/09/FOP-Nutrition-Symbol-Labelling-Regulations-Canada-Beef-Industry-Implementation-Support-Guide.pdf)

## CFIA Helpful Links

- [Nutrition Labelling:](https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/eng/1386881685057/1386881685870) (https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/eng/1386881685057/1386881685870)
- [Declaring Nutrition Information in the Nutrition Facts Table:](https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/nutrition-facts-table/eng/1702586949109/1702586950267#4) (https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/nutrition-facts-table/eng/1702586949109/1702586950267#4)
- [Nutrition Facts Table Formats:](https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/nutrition-facts-table-formats/eng/1702425927303/1702426837252) (https://inspection.canada.ca/food-labels/labelling/industry/nutrition-labelling/nutrition-facts-table-formats/eng/1702425927303/1702426837252)
- [Contact the CFIA:](https://inspection.canada.ca/about-the-cfia/contact-us/ask-cfia/eng/1466573216927/1466573290851) (https://inspection.canada.ca/about-the-cfia/contact-us/ask-cfia/eng/1466573216927/1466573290851)

