

# Health Canada Launches FOP Labeling Awareness Initiative

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- As we have [previously blogged](#) about, Health Canada published front-of-pack (FOP) labeling regulations in 2022, which require warnings for most foods high in saturated fat, sugars, and/or sodium. See also [Front-of-package nutrition symbol labelling guide for industry – Canada.ca](#). The regulations will begin to be enforced on January 1, 2026, although the warnings can be voluntarily implemented earlier and have already begun to appear on Canadian shelves.
- Recently, Health Canada's Food and Nutrition Directorate launched an [initiative](#) to bring awareness to the new warnings. The initiative aims to inform consumers of the symbol that will be used (black and white box with a magnifying glass, a "high in [X]" declaration, and the words "Health Canada"), its utility (intended to help consumers make informed health choices), and the reason why some pre-packaged foods don't have it (e.g., the food is a fruit or vegetable or other food exempted because it offers health protection benefits).
- We will continue to monitor developments on FOP labeling rules in Canada, the [U.S.](#), and other jurisdictions.

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