

**Voluntary Report** – Voluntary - Public Distribution

**Date:** February 01, 2022

**Report Number:** CA2022-0005

**Report Name:** Canada Allows Higher Vitamin D Fortification in Milk and Margarine

**Country:** Canada

**Post:** Ottawa

**Report Category:** Dairy and Products, FAIRS Subject Report

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**Report Highlights:**

On January 19, 2022, Health Canada published a marketing authorization allowing manufacturers to voluntarily increase vitamin D levels in cow's milk, goat's milk and margarine. The new higher levels on vitamin D in milk and margarine may eventually become mandatory, upon future implementation of new regulations, yet to be finalized and adopted.

On December 14, 2021, Canada's new [nutrition labelling regulations](#) (adopted in 2016) came into force, resulting in a number of [food labeling changes](#), as well as changes to the [table of daily values](#) for macronutrients, minerals and vitamins, including increased recommended daily values for vitamin D.

On January 19, 2022, Health Canada published a [marketing authorization](#) allowing manufacturers, on a voluntary basis, to fortify cow's milk, goat's milk and margarine with higher levels of vitamin D, in order to reflect the higher recommended daily values for vitamin D. The recommended daily values are the reference points for the percentage daily values mandated to appear in the nutrition facts table on food packages.

Additionally, the higher fortification level for vitamin D allows milk manufacturers to maintain the "excellent source of vitamin D" claim on product labels, in correlation with using the increased daily values in the nutrition facts tables.

Eventually, these voluntary increased fortification levels for vitamin D in milk and margarine may become mandatory, once Health Canada proceeds with advancing proposed front of package (FOP) labeling regulations (with an initial [draft](#) published in February 2018), which also included these increased vitamin D levels currently allowed by the marketing authorization. The FOP regulatory package has been delayed on several occasions, and is expected to resume in spring 2022.

In July 2016, the United States Food and Drug Administration (FDA) [approved an increase to the amount of vitamin D that may be added](#) as an optional ingredient to milk, and approved the addition of vitamin D to beverages made from edible plants intended as milk alternatives, such as beverages made from soy, almond, and coconut, and edible plant-based yogurt alternatives.

**Attachments:**

No Attachments.