Countries with **mandatory** or **voluntary** interpretive labels on packaged foods and drinks

**High in / Élevé en**
- Sat fat / Gras sat.
- Sugars / Sucres
- Sodium / Sodium

**Health Canada / Santé Canada**

**Each serving (110g) contains**
- Energy (kcal): 160
- 10% of an adult’s reference intake

**Typical values (per 100g): 897kJ/215kcal**

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**Map showing countries with mandatory or voluntary interpretive labels on packaged foods and drinks.**

- **Mandatory**
- **Voluntary**

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Countries with mandatory or voluntary interpretive labels on packaged foods and drinks

**Mandatory**
- Argentina
- Australia
- Brazil
- Chile
- Colombia
- Denmark
- Ecuador
- Finland
- France
- Germany
- Greece
- Hungary
- Ireland
- Israel
- Italy
- Japan
- Korea
- Latvia
- Lithuania
- Luxembourg
- Malta
- Mexico
- Netherlands
- New Zealand
- Norway
- Peru
- Portugal
- Romania
- Russia
- Slovakia
- Slovenia
- South Africa
- Spain
- Sweden
- Switzerland
- Thailand
- Turkey
- Ukraine
- United Kingdom
- United States
- Uruguay
- Venezuela

**Voluntary**
- Austria
- Belgium
- Bulgaria
- Canada
- Croatia
- Czech Republic
- Denmark
- Finland
- Greece
- Iceland
- Ireland
- Italy
- Japan
- Korea
- Latvia
- Lithuania
- Luxembourg
- Mexico
- Netherlands
- Portugal
- Russia
- Slovenia
- Spain
- Sweden
- Switzerland
- Turkey
- Ukraine
- United Kingdom
- United States
- United Arab Emirates
- Venezuela

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Countries with mandatory interpretive labels on packaged foods and drinks

- **Canada** January 2026
- **Israel** January 2020
- **Iran** 2015
- **Thailand** 2007
- **Sri Lanka** 2016
- **Peru** June 2019
- **Uruguay** March 2021
- **Argentina** August 2022
- **Chile** June 2016
- **Brazil** October 2022
- **Colombia** Passed 2021, implementation pending
- **Mexico** October 2020
- **Ecuador** 2014
- **Venezuela** December 2024
- **Singapore** December 2022
- **Venezuela** December 2024

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Countries with mandatory warning labels on packaged foods and drinks

Mexico | Implemented October 2020
Warning label(s) if exceeds set content thresholds for:
• Calories
• Saturated fat
• Sugar
• Trans fats
Additional warning text warnings for products containing caffeine or artificial sweeteners.

Colombia | Passed July 2021, regulatory norms not yet issued
Warning label(s) if exceeds set content thresholds for:
• Calories
• Sugar
• Saturated fat
“High-in” products are also restricted from marketing to children and sales/promotion in school settings.

Peru | Implemented June 2019
Warning label(s) if exceeds set content thresholds for:
• Sodium
• Sugar
• Saturated fat
• Trans fat
Products with >1 warning label and/or warnings for trans fats must include the text “avoid excessive consumption.”

Israel | Implemented January 2020
Warning required if product exceeds set content thresholds for:
• Sodium
• Sugar
• Saturated fat

Canada | Passed July 2022
Industry has until January 1, 2026 to comply
Warning required if product exceeds set content thresholds for:
• Sodium
• Sugar
• Saturated fat

Uruguay | Implemented March 2021
Warning if exceeds set content thresholds for:
• Sodium
• Saturated fat
• Total fats

Chile | Implemented June 2016
Warning label(s) if exceeds set content thresholds for:
• Calories
• Sugar
• Saturated fat
“High-in” products are also restricted from marketing to children and sales/promotion in school settings.

Argentina | Implemented August 2022
Warning label(s) if exceeds set thresholds for:
• Sugar
• Saturated fat
• Calories
• Total fats
• Sodium
Or if products contain non-caloric sweeteners or caffeine. Products with warning labels will also be restricted from sales/promotion in schools and advertising directed to children and adolescents.

Venezuela | Passed December 2021, implementation December 2024
Warning if exceeds set content thresholds for:
• Sodium
• Saturated fat
• Sugar
• Total fats

Brazil | Implementing October 2022
Warning label(s) if exceeds set content thresholds for:
• Sodium
• Sugar
• Saturated fat

Canada | Passed July 2022
Industry has until January 1, 2026 to comply
Warning required if product exceeds set content thresholds for:
• Sodium
• Sugar
• Saturated fat

Uruguay | Implemented March 2021
Warning if exceeds set content thresholds for:
• Sodium
• Saturated fat
• Total fats

Argentina | Implemented August 2022
Warning label(s) if exceeds set thresholds for:
• Sugar
• Saturated fat
• Calories
• Total fats
• Sodium
Or if products contain non-caloric sweeteners or caffeine. Products with warning labels will also be restricted from sales/promotion in schools and advertising directed to children and adolescents.

Chile | Implemented June 2016
Warning label(s) if exceeds set content thresholds for:
• Calories
• Sugar
• Saturated fat
“High-in” products are also restricted from marketing to children and sales/promotion in school settings.