



What parents and caregivers need to know about supplemented foods

Are your kids consuming caffeinated energy drinks? Did you know Health Canada doesn't recommend that children under the age of 14 consume these or other supplemented foods and drinks with caffeine? There's more you need to know.

Supplemented foods are foods or drinks with one or more specific ingredients added to them. Examples of supplemented foods can include snack bars, fruit drinks and carbonated beverages. The supplemental ingredients can include:

- caffeine
- minerals such as calcium
- vitamins such as vitamin C
- amino acids such as L-leucine

These are different from fortified foods which contain added nutrients for nutritional purposes like adding vitamin D to milk to support bone health.

Some supplemented foods, such as caffeinated energy drinks, are **not suitable for children because of the type or amount of supplemental ingredients (e.g., caffeine) added to them.**

To help you navigate these products, Health Canada has introduced new regulations requiring **updated labels for supplemented foods and drinks.** As of January 1st, 2026, all these foods and drinks will be required to have new labels, but you might start seeing them sooner.

These products will have a supplemented food facts table, instead of a nutrition facts table, that includes a "Supplemented with" section listing all the supplemental ingredients added. Some will also carry a caution identifier on the front of the label. This tells consumers to check the back or side of the product for more detailed cautions, such as "Not recommended for those under 14 years old."

Learn more about supplemented foods at canada.ca/supplemented-foods.