

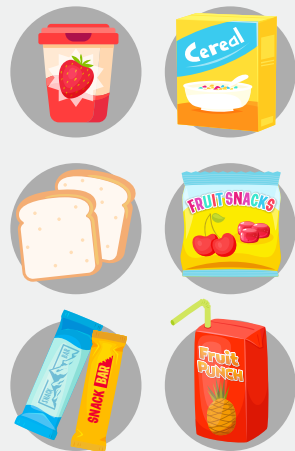
FDA's Updated "Healthy" Claim Definition

The "healthy" nutrient content claim for use in food labeling was originally developed in the early 1990s. Nutrition science and dietary recommendations have changed over the years, so FDA has updated the "healthy" claim for foods. Healthy diets are made up of a variety of food groups and nutrients and the "healthy" claim can help consumers identify those foods that are the foundation of healthy dietary patterns.

Original "Healthy" Claim	Updated "Healthy" Claim	Reasons for the Change
Limits on: <ul style="list-style-type: none"> Saturated Fat Sodium Total Fat Dietary Cholesterol 	Limits on: <ul style="list-style-type: none"> Saturated fat Sodium Added Sugars 	<ul style="list-style-type: none"> These changes reflect current nutrition science and dietary guidance in the <i>Dietary Guidelines for Americans</i>. For example, current dietary recommendations have moved away from specific limits for total fat and dietary cholesterol and towards limiting saturated fat and replacing it with unsaturated fat in the diet. They also now include recommended limits for added sugars.
Required to contain: A minimum amount of beneficial individual nutrients (defined as vitamin A, vitamin C, calcium, iron, protein or fiber)	Required to contain: A minimum amount of recommended food groups and sub-groups (vegetables, fruits, dairy, protein foods, whole grains) which contain an array of nutrients	<ul style="list-style-type: none"> Including a requirement that foods contain a meaningful amount of recommended food groups, which contain an array of nutrients, rather than focusing solely on individual nutrients is consistent with current nutrition science. Current dietary guidance recommends constructing healthy dietary patterns by eating an array of vegetables, fruits, dairy, protein foods and whole grains to support nutrient adequacy of the diet. Focusing on food groups better reflects the overall nutrient content of a food rather than focusing on one individual beneficial nutrient in isolation.

Examples of foods that qualified under the original "healthy" claim:

- Yogurt that is high in added sugars
- Fortified breakfast cereal that is high in added sugars
- Fortified white bread with no whole grains
- Fruit snacks that are high in added sugars
- Snack bars that are high in added sugars
- Fortified fruit punch (not 100% juice)



Examples of foods that qualify under the updated "healthy" claim:

- Fresh whole fruits and vegetables
- Frozen, chopped, dried, or canned fruits and vegetables*
- Salmon
- Trail mix with nuts and dried fruit*
- Plain low-fat or fat-free yogurt
- Eggs
- Water
- 100% olive oil



*Nutritional content of these items may vary based on added ingredients and must meet a minimum food group amount and required limits for saturated fat, sodium, and added sugars to qualify to bear the "healthy" claim under the updated definition.