

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.

Limits on:



Saturated fat



Sodium



Added Sugars



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.

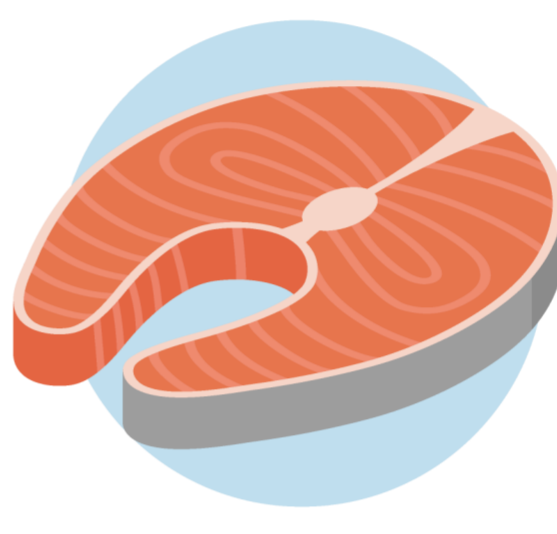
Examples of foods that qualify under the updated "Healthy" claim:



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

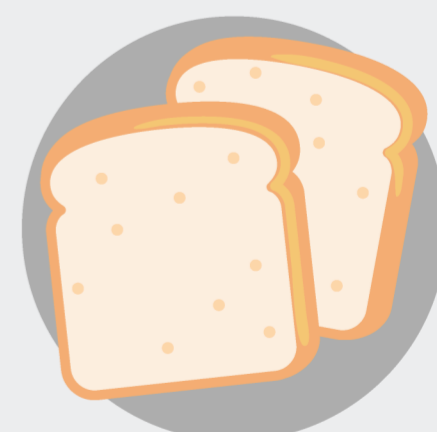


100% olive oil

* 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.

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)



For more information, visit: <https://www.FDA.gov/healthy>

SCAN QR CODE
Healthy

