



Appendix A

FDA Proposed Updated Criteria for “Healthy” Claims

Eligible Products for “Healthy” Claims

Product	Criteria for bearing “healthy” claim
Raw, whole fruits and vegetables	No additional criteria; all raw, whole fruits and vegetables may bear the claim
Individual food products	At least 1 food group equivalent per RACC from 1 food group, and Nutrients to limit (See table below)
Mixed products	At least ½ food group equivalent each from at least 2 different food groups, and Nutrients to limit (See table below)
Main dish as defined at 21 CFR 101.13(m)	At least 1 food group equivalent each from at least 2 different food groups, and Nutrients to limit (See table below)
Meal as defined at 21 CFR 101.13(l)	At least 1 food group equivalent each from at least 3 different food groups, and Nutrients to limit (See table below)
Water	Plain water and plain, carbonated water may bear the claim

An individual food must meet the following criteria per RACC:

If the food is...	It must contain at least...	The added sugars content must be no greater than...	The sodium content must be no greater than...	The saturated fat content must be no greater than...	
A vegetable product	½ c-eq vegetable	0% DV	10% DV	5% DV	
A fruit product	½ c-eq fruit	0% DV	10% DV	5% DV	
A grain product	¾ oz equivalent whole grain	5% DV	10% DV	5% DV	
A dairy product	¾ cup equivalent dairy	5% DV	10% DV	10% DV	
Protein Foods	(1) Game meats	1 ½ oz eq	0% DV	10% DV	10% DV
	(2) Seafood				10% DV
	(3) Egg				10% DV
	(4) Beans, peas, and soy products				5% DV
	(5) Nuts and seeds				5% DV, excluding saturated fat derived from nuts and seeds
Oils	(1) 100% oil	n/a	0% DV	0% DV	20% of total fat
	(2) Oil-based spreads whose		0% DV	5% DV	

	fats come solely from oil				
	(3) Oil-based dressing containing at least 30% oil and oils meeting the requirements summarized below				

A mixed product must (a) contain at least half a food group equivalent each of two different food groups, and (B) meet the following criteria per RACC:

If the mixed product contains at least...	The added sugars content must be no greater than...	The sodium content must be no greater than...	Excluding saturated fat content from nuts and seeds (if applicable), the saturated fat content must be no greater than...
(1) ½ food group equivalent each of two of the following: fruit, vegetable, and/or protein	0% DV	10% DV	5% DV; or 7 ½% DV if the protein is a game meat, seafood, or egg
(2) ½ food group equivalent of whole grain and ½ food group equivalent of fruit, vegetable, or protein	2 ½% DV	10% DV	5% DV; or 7 ½% DV if the protein is a game meat, seafood
(3) ½ food group equivalent of dairy and ½ food group equivalent of fruit, vegetable, or protein	2 ½% DV	10% DV	7 ½% DV; or 10% DV if the protein is a game meat, seafood, or egg
(4) ½ food group equivalent of dairy and ½ food group equivalent of whole grain	5% DV	10% DV	7 ½% DV

A main dish product must (a) contain at least one full food group equivalent each of two different food groups, and b) meet the following criteria per labelled serving:

If the main dish product contains at least...	The added sugars content must be no greater than...	The sodium content must be no greater than...	Excluding saturated fat content from nuts and seeds (if applicable), the saturated fat content must be no greater than...
(1) A food group equivalent each of two of the following: fruit, vegetable, and/or protein	0% DV	20% DV	10% DV; or 15% DV if the protein is a game meat, seafood, or egg
(2) A food group equivalent of whole grain and a food group equivalent of fruit, vegetable, or protein	5% DV	20% DV	10% DV; or 15% DV if the protein is a game meat, seafood, or egg
(3) A food group equivalent of dairy and a food group equivalent of fruit, vegetable, or protein	5% DV	20% DV	15% DV; or 20% DV if the protein is a game meat, seafood, or egg
(4) A food group equivalent of dairy and a food group equivalent of whole grain	10% DV	20% DV	15% DV

A meal product must (a) contain at least one full food group equivalent each of three different food groups, and (b) meet the following criteria per labelled serving:

If the meal product contains at least...	The added sugars content must be no greater than...	The sodium content must be no greater than...	Excluding saturated fat content from nuts and seeds (if applicable), the saturated fat content must be no greater than...
(1) A food group equivalent each of fruit, vegetable, and protein foods	0% DV	30% DV	15% DV; or 20% DV if the protein is a game meat, seafood, or egg
(2) A food group equivalent of whole grain and a food group equivalent each of fruit, vegetable, and/or protein	5% DV	30% DV	15% DV; or 20% DV if the protein is a game meat, seafood, or egg
(3) A food group equivalent of dairy and a food group equivalent each of fruit, vegetable, and/or protein	5% DV	30% DV	20% DV; or 25% DV if the protein is a game meat, seafood, or egg
(4) A food group equivalent of dairy, a food group equivalent of whole grain, and a food group equivalent of fruit, vegetable, and/or protein	10% DV	30% DV	20% DV; or 25% DV if the protein is a game meat, seafood, or egg

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