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Labeling & Nutrition

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FDA Healthy Icon



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The FDA Healthy Icon helps consumers to easily and quickly make food choices consistent with public health recommendations. The FDA Healthy Icon can help consumers identify a food product that, per serving, plays a positive role in an overall healthy diet. Food manufacturers whose products meet the FDA definition for “healthy” can use the icon on their food label.

FDA has recently updated its definition of “healthy” to be more consistent with current nutrition recommendations. The new definition focuses on food groups and is aligned with the *2015-2020 US Dietary Guidelines* which encourages healthy eating patterns that meet consumers’ personal, cultural, and traditional preferences.

The food groups recommended as part of a healthy eating pattern include:

- vegetables,
- fruits,
- grains,
- dairy,
- proteins (such as fish and seafood, eggs, beans, nuts, seeds, and soy products)

A product must contain a certain amount of food from a food group (e.g., ½ cup of fruit, ¾ cup of dairy) to be labeled “healthy” under the new definition. The food product must also meet requirements to limit sodium, saturated fat and added sugars.

To learn more about the specific criteria for meeting the FDA definition of “healthy,” click on [\[link\]](#).