

Criteria for Healthy Ideas nutritional shelf tag

Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
<b>DAIRY &amp; ALTERNATIVES</b>									
MILK	Milk: refrigerated, shelf stable, vegetable based milk (soy, rice), shakes or shake substitutes, e.g., dairy shake mixes, fruit frost mixes. Evaporated milk (diluted only)	240 ml (8 oz)	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤22 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pudding	1/2 cup (113 g)	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤22 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Milk: evaporated, undiluted	30 ml; 50 g rules	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	≤22 g per RACC and per 50 g	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Yogurt	225 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤30 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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	Drinkable yogurts and smoothies	240 ml	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤30 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>CHEESE</b>	Cottage cheese	110 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Ricotta	55 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Hard cheeses (Parmesan & Romano)	5 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	All other cheeses (natural & processed)	30 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEAT, SEAFOOD &amp; BEANS, MAIN ENTRÉE SAUCES</b>									
<b>FRESH MEAT</b>	Beef, pork, poultry	114 g raw; 85 g cooked	< 5 g per RACC and per 100 g	<2g per RACC and per 100 g	< 95 mg per 100 g and per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>Category</b>	<b>Examples</b>	<b>Serving Size (RACC*)</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Trans Fat</b>	<b>Nutrient Requirement</b>
<b>FISH &amp; SEAFOOD</b>	Canned, smoked or pickled fish and shellfish	55 g	≤3g per RACC	≤1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fresh fish and shellfish	85 g cooked; 110 g uncooked	< 5 g per RACC and per 100 g	< 2 g per RACC and per 100 g	< 95 mg per 100 g and per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Plain or fried fish and shellfish, fish and shellfish cakes	85 g cooked; 110 g uncooked	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fish & seafood entrees with sauce	140 g cooked	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>EGGS</b>	Egg substitutes, egg whites	50 g	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Egg mixtures w/ meat, egg foo young, western style omelet	110 g	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>DELI MEATS/ LINKED SAUSAGE PRODUCTS</b>		55 g cooked; 75 g raw	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>BACON &amp; DRIED PROCESSED MEAT PRODUCTS</b>	Bacon, pork rinds	15 g; 50 g rule	≤3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g and per labeled serving	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Dried meats, jerky, dried beef, pepperoni	30 g; 50 g rule	≤3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g and per labeled serving	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>CANNED MEATS</b>	Chicken products	55 g	≤3g per RACC	≤ 1g per RACC and ≤15% calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEAT ENTREES WITHOUT SAUCE</b>	Injected meats, corn dog, cured ham, corned beef, pastrami,	85 g cooked; 110 g uncooked	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEAT ENTREES WITH SAUCE</b>	Barbecued meats with sauce	140 g	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
<b>MAJOR MAIN ENTRÉE TYPE SAUCE WITHOUT MEAT</b>	Pasta sauce	125 g	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MAJOR MAIN ENTRÉE TYPE SAUCE WITH MEAT</b>	Spaghetti sauce with meat, spaghetti with meatballs	125 g	≤3g per RACC	≤ 1g per RACC and ≤15% calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MINOR MAIN ENTRÉE SAUCE WITHOUT MEAT</b>	Pizza sauce, pesto sauce, other sauces used as topping (e.g. gravy, white sauce, cheese sauce), cocktail sauce	60 g (1/4 cup)	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MINOR MAIN ENTRÉE SAUCE WITH MEAT</b>	Pizza sauce with meat, meat gravy	60 g (1/4 cup)	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEAT SALADS</b>	Ham salad	100 g	≤3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>BEANS &amp; LEGUMES</b>	Canned beans, beans in sauce or canned in liquid and refried	130 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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	Others, prepared	90 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Dry	35 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEAT SUBSTITUTES</b>	Tofu, soy burger, veggie burger	85 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC <b>or</b> 6.25 g protein per RACC
<b>PRODUCE</b>									
<b>FRUIT</b>	Fresh, canned, frozen with added ingredients	140 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Light syrup or juice pack or no more than 20 g sugar per RACC	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fresh, canned, frozen without added ingredients	140 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement

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	Dried fruit without added ingredients	40 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Dried fruit with added ingredients	40 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fruit relishes, cranberry relish, cranberry sauce	70 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 20 g sugar per RACC	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fruits used as ingredients, lemons, limes, cranberries	55 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Watermelon	280 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
<b>FRUIT JUICE (Bottled)</b>	100% juice products, single ingredient	240 ml	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement

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	100% juice used as ingredients, single ingredient; lemon & lime juice	5 ml; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	100% juice products, fortified	240 ml	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>VEGETABLES</b>	Fresh	85 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Canned with added ingredients	130 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Canned without added ingredients	130 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement

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Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
	Vacuum packed canned vegetables, mexi-corn; with added ingredients	95 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vacuum packed canned vegetables, mexi-corn; without added ingredients	95 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Frozen plain vegetables with added ingredients	85 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Frozen plain vegetables without added ingredients	85 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Chili pepper, green onion without added ingredients	30 g; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement
	Chili pepper, green onion with added ingredients	30 g; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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	Vegetable with sauce, peas in cream sauce	110 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vegetable pastes, tomato paste; single ingredient	30 g; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement
	Vegetable pastes, tomato paste; not single ingredient	30 g; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vegetable sauces or purees, tomato sauce, tomato puree	60 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>POTATOES</b>	Potatoes: plain fresh	110 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Potatoes: canned in liquid; not single ingredient	160 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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	Potatoes: canned in liquid; single ingredient	160 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Potatoes: mashed, stuffed, candied, or with sauce	140 g / 2/3 cup / 26 g dry	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes: frozen, french fries, hash browns, skins or pancakes	70 g prepared / 85 g frozen	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes: plain, fresh, canned or frozen; - vacuum packed - not single ingredient	125 g for vacuum packed	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes: plain, fresh, canned or frozen; - vacuum packed - single Ingredient	125 g for vacuum packed	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
<b>SALADS</b>	Salads: pasta or potato	140 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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	Salads: all other	100 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEALS / MAIN DISHES / MIXED DISHES</b>									
Mixed dishes measurable with a cup	Casseroles	1 cup	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Macaroni & cheese	245 g / 1.13 cup	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Lasagne, ravioli, pot pies, stew	250 g / 1 cup	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Chili	255 g / 1 cup	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>Mixed dishes not measurable with a cup</b>	Burritos, pizza, quiche, sandwiches	140 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>Mixed dishes not measurable with a cup, with sauce</b>	Enchiladas with sauce	195 g	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>MEALS</b>	Single serve at least 10 ounces and contain ingredients from at least 2 food groups	per 100 g and per labeled serving	≤ 3g per 100 g and ≤ 30% calories from fat	≤ 1g per 100g and ≤10% of calories from saturated fat	≤ 90 mg per labeled serving	≤600 mg per labeled serving	Not applicable	0 g per labeled serving	Needs to have 3 nutrients with 10% of DV per labeled serving
<b>MAIN DISH</b>	Single serve at least 6 ounces and contain ingredients from at least 2 food groups	per 100 g and per labeled serving	≤ 3g per 100 g and ≤ 30% calories from fat	≤ 1g per 100g and ≤ 10% of calories from saturated fat	≤90 mg per labeled serving	≤600 mg per labeled serving	Not applicable	0 g per labeled serving	Needs to have 2 nutrients with 10% of DV per labeled serving
<b>SOUPS</b>	All varieties without animal protein	245 g / 1 cup	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	All varieties with animal protein	245 g / 1 cup	≤ 3g per RACC	≤ 1g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>GRAINS</b>									
	Breads	50 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Biscuits, bagels, etc.	55 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pancakes	110g / 3, 4-inch pancakes	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Mixes	40 g dry mix for variety mixes	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Waffles	85 g / 1, 7-inch waffle	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

**Criteria for Healthy Ideas nutritional shelf tag**

Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
	Taco shells	30 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals - weighing up to 20 g per cup	15 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals - weighing more than 20 g but less than 43 g per cup	30 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals - weighing at least 43 g per cup	55 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals - hot, plain	1 cup prepared, 40 g dry	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals - hot, sweetened, flavored	1 cup prepared, 55 g dry	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>Category</b>	<b>Examples</b>	<b>Serving Size (RACC*)</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Trans Fat</b>	<b>Nutrient Requirement</b>
	Muffins	55 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pastas, enriched	140 g prepared; 55g dry / 1 cup prepared	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Pastas, not enriched	140 g prepared; 55g dry / 1 cup prepared	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Rice, enriched	140 g prepared; 45g dry / 3/4 cup prepared	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Rice, not enriched	140 g prepared; 45g dry / 3/4 cup prepared	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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<b>Category</b>	<b>Examples</b>	<b>Serving Size (RACC*)</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Trans Fat</b>	<b>Nutrient Requirement</b>
	Crackers	30 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Crackers not used as snacks, melba toast, hard breadsticks, ice cream cones	15 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Stuffing	100 g / 1/2 cup / 28.3 g dry	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Bran or wheat germ	15 g; 50 g rule	≤ 3g per RACC and per 50g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Filled crackers	60 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per RACC	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

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Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
<b>SNACKS</b>									
	Nut & seed butters/spreads	32g (2 tbsp)	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Chips, popcorn, popcorn cakes, pretzels	30 g; 50 g rule	≤ 3g per RACC and per 50 g	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Granola bars	40 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% sugar by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
<b>DESSERTS</b>									
	100% frozen fruit juice bars / pops	85 g	≤ 3g per RACC	≤ 1g per RACC and ≤15% of calories from saturated fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
<p><b>*Reference Amount Customarily Consumed per FDA definition. RACC is the amount of the food commonly consumed as a serving based on government survey and industry practice. It is used to determine whether a food meets the definitions. The actual serving size of the food on package labels may not be the same as the reference amount. The FDA allows serving sizes to be within a reasonable range of the reference amount, especially if the food is meant to be eaten as a single unit, such as an entire can or bag.</b></p>									