

American Heart Association Heart-Check Program Nutritional Guidelines

(September 2011)

Unless otherwise specified, all nutrient requirements are per FDA/USDA RACC amounts (RACC = Reference Amount Customarily Consumed). As reflected in the chart below, some criteria have two required levels of review. Main Dish and Meal Products do not have RACC amounts.

CONSUMERS						
Legend: Black = Guidelines and Criteria Currently in Effect Red = Additional Screening Guidelines Effective 1/15/2014						
	Standard (FDA-regulated products)	Standard (meat and seafood) "Extra Lean"	Main Dish and Meal Products	Whole Grain	Nuts (whole or chopped)	Fish (Omega-3 Fatty Acids)
Total Fat	less than 6.5 g	less than 5 g also per 100 g	3 g or less per 100 g of product and 30% or less calories from fat	less than 6.5 g	no limit	16 g or less
Saturated Fat	1 g or less and 15% or less calories from saturated fat	less than 2 g also per 100 g	1 g or less per 100 g of product and 10% or less calories from saturated fat	1 g or less and 15% or less calories from saturated fat	4 g or less per 50 g only	4 g or less
Trans Fat	less than 0.5 g also per label serving	less than 0.5 g also per label serving	less than 0.5 g also per label serving	less than 0.5 g also per label serving	less than 0.5 g also per label serving	less than 0.5 g also per label serving
Cholesterol	20 mg or less	less than 95 mg also per 100 g	20 mg or less per 100 g of product	20 mg or less	0 mg per label serving	less than 95 mg also per 100 g
Sodium	480 mg or less per RACC and label serving 2014 sodium criteria will vary based on food category; see Food Category List for details	480 mg or less per RACC and label serving 2014 sodium criteria will vary based on food category; see Food Category List for details	600 mg or less per label serving N/A	480 mg or less per RACC and label serving 2014 sodium criteria will vary based on food category; see Food Category List for details	140 mg or less per label serving N/A	480 mg or less per RACC and label serving 2014 sodium criteria will vary based on food category; see Food Category List for details
Beneficial Nutrients (Naturally occurring or historically fortified)	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber per the entire main dish or meal	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber <i>Not applicable to walnuts</i>	10% or more DAILY VALUE of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber
Whole Grain Content	N/A	N/A	N/A	51% or more by weight/RACC	N/A	N/A
Minimum DietaryFiber (from whole grain only)	N/A	N/A	N/A	1.7 g/RACC of 30 g 2.5 g/RACC of 45 g 2.8 g/RACC of 50 g 3.0 g/RACC of 55 g	N/A	N/A
EPA & DHA	N/A	N/A	N/A	N/A	N/A	500 mg or more per 85 g (3 ounces cooked)
Other	Unsweetened popcorn is the only certifiable products in the snack category.	N/A	N/A	N/A	Eligible nuts: almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and some pine nuts Other Added Fats: less than .5 g per RACC Added Carbohydrates: less than 1 g per RACC Amount(s) and Source(s) must be disclosed	Other Added Fats: less than .5 g per RACC Added Carbohydrates: less than 1g per RACC Amount(s) and Source(s) must be disclosed
2014 Dietary Fiber/Total Sugars/ Calorie Screening Guidelines	Certifiable grain-based products include: Breads; biscuits; Cereals (Ready-to-eat & cooked); crackers; pancakes, French toast; waffles; muffins, sweet quick-type breads • All must be good source of dietary fiber (10-19% DAILY VALUE per RACC), and • Total Sugars 7 g or less Total Sugars per serving if good source of dietary fiber (10-19% DAILY VALUE per RACC), or 9 g or less Total Sugars per serving, if excellent source of dietary fiber (20% or more DAILY VALUE per RACC) Sugars from pieces of fruit do not count toward the total sugar allowance but amounts and sources must be disclosed • No desserts are eligible for certification • Grain-based bars are not eligible for certification Yogurt: • 20 grams or less Total Sugars per standard 6-ounce serving Milk & Milk Alternatives: • 130 or less calories per 8 fl oz Fruit/Vegetable Juices: • 100% Juice (or 100% Juice + water) with no added sugars/sweeteners (this excludes non-nutritive sweeteners), and • 120 calories or less per 8 fl oz, and • 10% DAILY VALUE for 3 nutrients for which a Daily Value exists. At least one of these beneficial nutrients must satisfy the 10% Daily Value Level (i.e., Jelly Bean Rule) requirement. Canned Fruits/ Vegetables (including potatoes & sweet potatoes) • No "Heavy Syrup" allowed Frozen Fruit • 100% fruit (no added sugar)	N/A	N/A	Screening Guideline • 9 g or less Total Sugars per serving Sugars from pieces of fruit do not count toward the total sugar allowance but amounts and sources must be disclosed	N/A	N/A

NUTRIENTS