

September 15, 2011

[First Name][Last Name]

[Street Address]

[City], [State] [Zip Code]

Subject: Notification of Changes to the Heart-Check Food Certification Program

Dear [First Name]:

This is to officially inform you of changes and enhancements to the American Heart Association's Heart-Check Food Certification Program. These changes support American Heart Association's strategic plan to achieve our 2020 Health Impact Goal, which is:

- "By 2020, to improve the overall health of Americans by 20% and reduce death and disability from cardiovascular disease and stroke by 20%."

The 20% improvement target is the first time we've made health promotion prominent in our national impact goal. To that end, nutrition has been elevated within our organization as a strategic priority and we are undertaking a number of new nutrition initiatives.

There are two types of changes with corresponding effective dates:

- Effective Immediately: Expansion into new areas of certification, and
- Effective January 15, 2014: Changes to the heart-check logo design and some certification nutritional guidelines. This letter serves as one hundred and twenty (120) calendar days' written notice in accordance with Section 3.0 of the Certification Mark Licensing Agreement (CMLA). Although the CMLA provides for a 360-day period for you to comply with changes to the program, we realize that for some companies, these changes may require a longer lead time. Therefore, the American Heart Association is making an exception to this CMLA requirement. Following the 120-day notice, you have a two-year compliance period (from January 15, 2012 to January 15, 2014) to either reformulate, if needed, and transition to the new logo, or discontinue participation in the program.

The Attachments which are referenced in this letter are as follows:

- Attachment A: Heart-Check Program Nutritional Guidelines
- Attachment B: Heart-Check Program Sodium Criteria By Individual Food Category
- Attachment C: Heart-Check Food Certification Program Q & A Document

Program Revision Highlights

Changes which are effective immediately

- Allowing certification of products with higher levels of total fat from polyunsaturated and monounsaturated fats consistent with the *Saturated Fat, Cholesterol and Trans Fat and Reduced Risk of Heart Disease* health claim [Docket No. 2006Q-0458] for FDA-regulated products only. Foods that meet all health claim requirements and American Heart Association nutritional guidelines may apply for certification. We are eliminating our requirement of meeting saturated fat levels for products with small reference amounts customarily consumed (RACC), i.e. 30 grams or less or 2 tablespoons or less (the “30 Gram RACC Rule”). (See Attachment A: column titled “Standard (FDA regulated products)”)
- Allowing certification of certain nuts consistent with the *Nuts and Coronary Heart Disease* health claim [Docket No. 02P-0505]. Nuts that meet all health claim requirements and American Heart Association nutritional guidelines may apply for certification. The sodium criterion for nuts is ≤ 140 mg per label serving and is effective immediately. (See Attachment A: column titled “Nuts (whole or chopped)”)
- Allowing certification of fish consistent with the *Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease* health claim [Docket No. 2003Q-0401]. Fish that meet all health claim requirements and American Heart Association nutritional guidelines may apply for certification. (See Attachment A: column titled “Fish (Omega-3 Fatty Acids)”)
- The “Whole Oats Soluble Fiber” certification guideline will be phased out by January 2014. Products currently certified under the Soluble Fiber guideline will qualify under the new Standard Certification guideline. In January 2014, these products will be subject to the minimum fiber requirement (10% DV per RACC), the sugar screenings guidelines (see Attachment A), and the revised sodium criterion (Attachment B).

Criteria and Screening Guideline changes effective January 15, 2014

- The sodium criteria are revised using a categorical approach (See Attachment B). The only exception to this timeline is that the sodium criterion for the expansion category of nuts goes into effect immediately.
- Screening guidelines for dietary fiber, total sugars and calories will go into effect for the following food categories: milk and milk alternatives, yogurt, certain grain-based products, fruit juices and vegetable juices, canned fruits and vegetables, and frozen fruit. (See Attachment A: row titled “2014 Dietary Fiber/Total Sugars/Calorie Screening Guidelines”).
- Products which contain partially hydrogenated oils will not be allowed in the program.

Enhanced logo design

A revised, single version of the heart-check logo will replace the multiple variations currently used for Standard Certifications, Extra Lean, and Whole Grain. The new “shield” design has shown in consumer research to be significantly superior to other designs in terms of influencing product purchases. New products coming into the program may use the new mark upon receipt of a signed Product Schedule. Currently certified products may transition to the new design immediately, however, all participating products must carry the new design by January 15, 2014. Graphic standards on use of the new design have been uploaded to our website at www.heart.org/graphicstandards.



Categories Not Open to Certification

In addition to the products and food categories previously listed as closed on page 6 of the current application packet, the following categories are closed to certification: liquid vegetable oils and their derivative products (includes margarines and spreads, salad dressings, mayonnaise, sandwich spreads, mayonnaise-type dressings and spray types), grain-based bars, nut-containing products, snacks (except unsweetened popcorn), snack bars and all chips.

The American Heart Association reserves the right to deny certification to products it determines to be inconsistent with association policies and to products (or product names) that could generate a negative perception about the association. The American Heart Association also may deny certification to products that are inconsistent with association scientific papers, such as position papers, advisories, statements and guidelines.

New Web Portal Launch

Our online product application and renewal “web portal” is currently scheduled to launch in January 2012. Detailed instructions and a “How To” video will be available prior to launch. Contact your account manager to learn more about how the portal will streamline these processes.

Miscellaneous

An updated version of The Heart-Check Food Certification Program Application Packet that reflects the changes announced in this letter will be available in January 2012.

If you have any questions regarding the content of this mailing or if you are interested in certifying products meeting criteria in the program expansion areas, please contact your Account Manager: Marta Cordell at marta.cordell@heart.org or 214-706-1816, Linda Rupp at linda.rupp@heart.org or 214-706-1198, Dennis Milne at dennis.milne@heart.org or 214-706-1351. If you are not sure who your account manager is, please contact Kimberly Pruitt at kimberly.pruitt@heart.org or 214-706-1233.

We value your participation and look forward to working with you to make this a smooth transition.

Sincerely,

Dennis Milne
Director, Business Relations

Summary of Important Dates

HEART-CHECK FOOD CERTIFICATION PROGRAM

Program Changes & Compliance Requirements

Program Change	120-Day Written Notification Required	Written Notification Effective	Compliance Effective Date
Standard (FDA-regulated products) certification: total fat criterion from ≤ 3 grams to < 6.5 grams. Product must meet American Heart Association nutritional guidelines and qualify under Docket #2006Q-0458: Saturated Fat, Cholesterol and <i>Trans</i> Fat and Reduced Risk of Heart Disease health claim.	Yes - Waived	NA	Effective immediately.
Expansion to certify eligible nuts: almonds, hazelnuts, peanuts, pecans, pistachios, walnuts & some pine nuts. Products must meet American Heart Association nutritional guidelines and qualify under Docket #02P-0505: Nuts and Coronary Heart Disease health claim.	No	NA	Effective immediately.
Expansion to certify fish meeting AHA criteria and qualify under Docket #2003Q-0401: Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease health claim.	No	NA	Effective immediately.
Sodium Criterion	Yes – Issued September 15, 2011	January 15, 2012	January 15, 2014 for all certified products.
Fiber/Sugar/Calorie screening guidelines	Yes- Issued September 15, 2011	January 15, 2012	January 15, 2014 for all certified products in the following categories: milk and milk alternatives, yogurt, certain grain-based products, fruit juices, vegetable juices, canned fruits and vegetables, and frozen fruit.
Logo/Graphic Standards	Yes- Issued September 15, 2011	January 15, 2012	New logos on packages and promotion materials: - By January 15, 2014.

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.

MANUFACTURERS & TRADE ASSOCIATIONS

LEGEND:

BLACK = GUIDELINES & CRITERIA CURRENTLY IN EFFECT **RED = LAB TRIGGERS** **BLUE = ADDITIONAL SCREENING GUIDELINES EFFECTIVE 1/15/2014**

NUTRIENTS		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)
		Docket # 2006Q-0458: Saturated Fat, Cholesterol and <i>Trans</i> Fat and Reduced Risk of Heart Disease health claim	21 CFR 101.75: Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease health claim	21 CFR 101.75: Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease health claim	FDAMA Notification Docket #03Q-0547: Whole Grain Foods with Moderate Fat Content and the Risk of Heart Disease health claim.	Docket #02P-0505: Nuts and Coronary Heart Disease health claim	Docket #2003Q-0401: Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease health claim
Total Fat	< 6.5 g	< 5 g also per 100 g	≤ 3 g per 100 g of product and ≤ 30% calories from fat	< 6.5 g	No limit	≤ 16 g	
	Lab Trigger ≥ 6.5g per RACC	Lab Trigger ≥ 5g per RACC &/or per 100g	Lab Trigger ≥ 3.0g per 100	Lab Trigger ≥ 6.5g per RACC]	Lab Trigger Not applicable	Lab Trigger ≥ 16g per RACC	
Saturated Fat**	≤ 1 g and ≤ 15% calories from saturated fat	< 2 g also per 100 g	≤ 1 g per 100 g of product and ≤ 10% calories from saturated fat	≤ 1 g and ≤ 15% calories from saturated fat	≤ 4 g per 50 g only	≤ 4 g	
	Lab Trigger ≥ 1.0g per RACC	Lab Trigger ≥ 2.0g per RACC &/or per 100g	Lab Trigger ≥ 1.0g per 100	Lab Trigger ≥ 1.0g per RACC	Lab Trigger ≥ 4.0g per 50g	Lab Trigger ≥ 4.0g per RACC	
Trans Fat***	< 0.5 g also per label serving	< 0.5 g also per label serving	< 0.5 g only per label serving	< 0.5 g also per label serving	< 0.5 g also per label serving	< 0.5 g also per label serving	
	Lab Trigger ≥ .4g unrounded per RACC + label serving size	Lab Trigger ≥ .4g unrounded per RACC + label serving size	Lab Trigger ≥ .4g unrounded per label serving size	Lab Trigger ≥ .4g unrounded per RACC + label serving size	Lab Trigger ≥ .4g unrounded per RACC + label serving size	Lab Trigger ≥ .4g unrounded per RACC + label serving size	
Cholesterol	≤ 20 mg	< 95 mg also per 100 g	≤ 20 mg per 100 g of product	≤ 20 mg	0 mg per label serving	< 95 mg also per 100 g	
	Lab Trigger ≥ 20mg per RACC	Lab Trigger ≥ 95mg per RACC and/or	Lab Trigger ≥ 20mg per 100	Lab Trigger ≥ 20mg per RACC	Lab Trigger n/a	Lab Trigger ≥ 95mg per RACC &/or per	

	<u>Standard*</u> (FDA-regulated products)	<u>Standard</u> (meat and seafood) "Extra Lean" per 100g	<u>Main Dish and Meal Products</u>	<u>Whole Grain</u>	<u>Nuts</u> (whole or chopped)	<u>Fish</u> (Omega-3 Fatty Acids) 100g
Sodium	480 mg per RACC and label serving 2014 Sodium criteria will vary based on food category; see Food Category List for details <u>Lab Trigger</u> ≥ 430mg per RACC or label serving size	480 mg per RACC and label serving 2014 Sodium criteria will vary based on food category; see Food Category List for details <u>Lab Trigger</u> ≥ 430mg per RACC or label serving size	≤ 600 mg per label serving N/A <u>Lab Trigger</u> ≥ 540mg per label serving size	480 mg per RACC and label serving 2014 Sodium criteria will vary based on food category; see Food Category List for details <u>Lab Trigger</u> ≥ 430mg per RACC or label serving size	≤ 140 mg per label serving N/A <u>Lab Trigger</u> ≥ 140mg per label serving size	480 mg per RACC and label serving 2014 Sodium criteria will vary based on food category; see Food Category List for details <u>Lab Trigger</u> ≥ 430mg per RACC or label serving size
Beneficial Nutrients (Naturally occurring or historically fortified)	≥ 10% DV Of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	≥ 10% DV Of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	≥ 10% DV Of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber per the entire main dish or meal	≥ 10% DV Of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	≥ 10% DV Of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber <i>Not applicable to walnuts</i>	≥ 10% DV 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 Dietary Fiber (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 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 & some pine nuts	<u>Other</u> Added Fats: < .5g per RACC Added CHOs:

	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)
					Other Added Fats: < .5g per RACC Added CHOs: < 1g per RACC Amount(s) and Source(s) must be disclosed	< 1g per RACC Amount(s) and Source(s) must be disclosed
2014 Dietary Fiber/Total Sugars/ Calorie Screening Guidelines	<p><u>Certifiable Grain-based products include:</u> Breads; biscuits; Cereals (RTE & cooked); crackers; pancakes, French toast; waffles; muffins, sweet quick -type breads</p> <ul style="list-style-type: none"> All must be good source of dietary fiber (10-19% DV per RACC), and Total Sugars <ul style="list-style-type: none"> ≤ 7g Total Sugars per serving if good source of dietary fiber (10-19% DV per RACC), or ≤ 9g Total Sugars per serving, if excellent source of dietary fiber (≥20% DV per RACC) <p>Sugars from pieces of fruit do not count toward the total sugar allowance but amounts and sources must be disclosed</p> <ul style="list-style-type: none"> No desserts are eligible for certification Grain-based bars are not eligible for 	N/A	N/A	<p><u>Screening Guideline</u></p> <ul style="list-style-type: none"> ≤ 9g Total Sugars per serving <p>Sugars from pieces of fruit do not count toward the total sugar allowance but amounts and sources must be disclosed</p>	N/A	N/A

	<u>Standard*</u> (FDA-regulated products)	<u>Standard</u> (meat and seafood) "Extra Lean"	<u>Main Dish and Meal Products</u>	<u>Whole Grain</u>	<u>Nuts</u> (whole or chopped)	<u>Fish</u> (Omega-3 Fatty Acids)
	<p>certification</p> <p><u>Yogurt:</u></p> <ul style="list-style-type: none"> • ≤ 20 grams Total Sugars per standard 6-ounce serving <p><u>Milk & Milk Alternatives:</u></p> <ul style="list-style-type: none"> • ≤ 130 calories per 8 fl oz <p><u>Fruit/Vegetable Juices:</u></p> <ul style="list-style-type: none"> • 100% Juice (or 100% Juice + water) with no added sugars/ sweeteners (this excludes non-nutritive sweeteners), and • ≤ 120 calories per 8 fl oz, and • 10% DV for 3 nutrients <p>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.</p> <p><u>Canned Fruits/Vegetables</u> (incl. potatoes & sweet potatoes)</p> <ul style="list-style-type: none"> • No "Heavy Syrup" allowed <p><u>Frozen Fruit</u></p> <ul style="list-style-type: none"> • 100% fruit (no added sugar) 					

* Foods originally certified under **21 CFR 101.75: Dietary Saturated Fat and Cholesterol and Risk of Coronary Heart Disease health claim with the “Low Fat” requirement also qualify under** Docket # 2006Q-0458: Saturated Fat, Cholesterol and *Trans* Fat and Reduced Risk of Heart Disease health claim

** “30 GRAM RACC RULE” NO LONGER APPLIES TO SATURATED FAT FOR ANY CERTIFICATION CATEGORY

*** IN 2014 NO PRODUCTS WITH PARTIALLY HYDROGENATED OILS WILL BE CERTIFIABLE

ATTACHMENT B

**HEART-CHECK PROGRAM
INDIVIDUAL FOOD CATEGORY LIST
Sort = Alpha by H-C Category Name**

Food Category	Heart-Check Category Name	FDA/USDA Product Category (See also 21CFR101.12 and 9CFR317.312)	RACC Amount	Unit of Measure	Current H-C Sodium Limit* (in Mg)	2014 H-C Sodium Limit* (in Mg) Per SS
Meat & Meat Substitutes	Bac_sub	Bacon substitute	15	Grams	480	140
Legumes	Beans_dry	Beans, dry	35	Grams	480	140
Legumes	Beans_plain_prep	Beans, plain (prepared)	90	Grams	480	140
Legumes	Beans_sauce_prep	Beans, in sauce, canned in liquid, refried (prepared)	130	Grams	480	360
Plant-based Beverages	Beverage	Beverages, carbonated or non-carbonated	8	Ounces	480	240
Grain Products	Biscuit	Biscuits, croissants, bagels, tortillas, soft bread sticks, cornbread	55	Grams	480	240
Grain Products	Bran	Bran or wheat germ	15	Grams	480	140
Grain Products	Bread	Breads, rolls (excluding sweet quick-type)	50	Grams	480	240
Grain Products	Cer<20g	Breakfast Cereal; ready to eat, <20g cup (puffed type)	15	Grams	480	240
Grain Products	Cer20-42g	Breakfast Cereal; ready to eat ≥20g but <43g per cup (high fiber)	30	Grams	480	240
Grain Products	Cer43g	Breakfast Cereal; ready to eat >43g per cup (biscuit types)	55	Grams	480	240
Grain Products	Cercook_dry	Breakfast Cereal; cooked, plain, dry	40	Grams	480	240
Grain Products	Cercook_dry_flav	Breakfast Cereal; cooked, dry, flavored or sweetened	55	Grams	480	240
Grain Products	Cercook_prep	Breakfast Cereal; cooked, prepared (oatmeal, grits)	1	Cups	480	240

Dairy Products	Cheese	Cheeses not listed as separate subcategories	30	Grams	480	240
Dairy Products	Chs_cott	Cottage cheese	110	Grams	480	240
Dairy Products	Chs_hard	Cheese, grated, hard (parmesan, romano...)	5	Grams	480	240
Dairy Products	Chs_ingr	Cheese used primarily as ingredient (farmers, ricotta, dry cottage...)	55	Grams	480	240
Grain Products	Cracker_non	Cracker, not used as snacks (melba toast, hard breadsticks)	15	Grams	480	240
Grain Products	Cracker_snak	Crackers used as snacks	30	Grams	480	240
Eggs & Egg Substitutes	Egg_mix	Egg mixtures (egg foo young, scrambled eggs, omelet)	110	Grams	480	240
Eggs & Egg Substitutes	Egg_sub	Egg substitutes	50	Grams	480	240
Fish & Game Meat	Fish_1	Fish, shellfish, game meat; fresh or frozen	110	Grams	480	360
Fish & Game Meat	Fish_1_ck	Entrees without sauce, fish/game, cooked (fried fish, patties)	85	Grams	480	480
Fish & Game Meat	Fish_entr_s_ck	Entrees with sauce, fish/game, cooked (fish with cream sauce...)	140	Grams	480	480
Fish & Game Meat	Fish_1_mf	Entrees without sauce, fish/game, uncooked (meat-free/veggie/soy protein-burger patties)	110	Grams	480	360
Fish & Game Meat	Fish_1_mf_ck	Entrees without sauce, fish/game, cooked (meat-free/veggie/soy protein-burger patties)	85	Grams	480	360
Fish & Game Meat	Fish_can	Fish/game, canned	55	Grams	480	360
Fish & Game Meat	Fish_proc	Fish-based luncheon meat, meat spreads, Canadian bacon, sausages and frankfurters	55	Grams	480	360
Fish & Game Meat	Fish_proc_mf	Substitute luncheon meat, meat spreads, Canadian bacon, sausages, frankfurters, crumbled meat substitute and taco fillings	55	Grams	480	360
Fish & Game Meat	Fish_smoked	Fish/game, smoked or pickled, spread	55	Grams	480	360
Fruits	Fru_dried	Fruit, dried (e.g. dates, figs, prunes, raisins)	40	Grams	480	140
Fruits	Fru_ingr	Fruits, as ingredients (cranberries, lemon, limes)	55	Grams	480	140

Fruit Juice	Fru_juice	Fruit juices, nectars, drinks	8	Ounces	480	140
Fruits	Fru_juice/ingr	Fruit juices, as ingredients (lemon juice/lime juice)	5	Grams	480	140
Fruits	Fru_relish	Relishes (cranberry sauce...)	70	Grams	480	140
Fruits	Fru_wmelon	Watermelon	280	Grams	480	140
Fruits	Fruit_other	Fruits, fresh/frozen, canned, not listed separately	140	Grams	480	140
Grain Products	Grain/rice_plain_dry	Grains, plain (rice, barley...)	45	Grams	480	140
Grain Products	Grain/rice_plain_prep	Grains, plain prepared (rice, barley...)	140	Grams	480	140
Meat & Poultry	Meat_1	Meat, whole or ground; poultry, beef, lamb, pork, veal	114	Grams	480	360
Meat & Poultry	Meat_1_ck	Entrees without sauce (ready to serve marinated/injected cuts of meat, beef patty, corndog, cured ham, corned beef, meatballs...)	85	Grams	480	360
Meat & Poultry	Meat_entr_S_ck	Entrees with sauce (barbecue in sauce, turkey and gravy...)	140	Grams	480	360
Meat & Poultry	Meat_canned	Canned meat; (beef, pork, chicken, etc.)	55	Grams	480	360
Meat & Poultry	Meat_jerky	Jerky, dried beef, pepperoni, other low moisture sausage	30	Grams	480	360
Meat & Poultry	Meat_Jerky_MF	Meat-free/soy protein-based jerky, dried beef, pepperoni, other low moisture sausage	30	Grams	480	360
Meat & Poultry	Meat_proc	Processed meats (lunch meat, potted meat, spreads...)	55	Grams	480	480
Meat & Poultry	Meat_saus	Linked meat sausage (ready to cook franks, pork sausage, summer sausage, kielbasa, Polish sausage, smoked sausage...)	75	Grams	480	360
Meat & Poultry	Meat_saus_ck	Linked meat sausage (ready to serve Vienna sausage, franks, pork sausage, summer sausage, kielbasa, Polish sausage, smoked sausage...)	55	Grams	480	360
Dairy Products	Milk	Milk, milk-based drinks	8	Ounces	480	240

Dairy Products	Milk_cond	Milk, condensed or evaporated, undiluted	30	Grams	480	140
Mixed Dishes	Mix_fish/gam1	Mixed dishes, fish/game, no sauce, not cup	140	Grams	480	360
Mixed Dishes	Mix_fish/gam1s	Mixed dishes, fish/game, with sauce, not cup	195	Grams	480	360
Mixed Dishes	Mix_fish/gam2	Mixed dishes, fish/game, cup	1	Cups	480	360
Mixed Dishes	Mix_mt1	Mixed dishes, meat/poultry, no sauce, not measured by cup (includes pizza, burritos, all type sandwiches...)	140	Grams	480	360
Mixed Dishes	Mix_mt1s	Mixed dishes, meat/poultry, with sauce, not measured by cup	195	Grams	480	360
Mixed Dishes	Mix_mt2	Mixed dishes, meat/poultry, cup (e.g. pot pies, stew)	1	Cups	480	360
Mixed Dishes	Mix_nonmt1	Mixed dishes, non-meat, without sauce, not measured by cup (includes pizza)	140	Grams	480	360
Mixed Dishes	Mix_nonmt1s	Mixed dishes, non-meat, with sauce, not measured by cup	195	Grams	480	360
Mixed Dishes	Mix_nonmt2	Mixed dishes, non-meat, by cup (e.g. macaroni and cheese, spaghetti, etc.)	1	Cups	480	360
Nuts & Seeds	Nut/seed	Nuts and seeds	30	Grams	480	140
Grain Products	Pancakes_mix	Pancakes, french toast, variety mixes-dry mix	40	Grams	480	240
Grain Products	Pancakes_prep	Pancakes, french toast, variety mixes-prepared	110	Grams	480	240
Grain Products	Pasta_dry	Pasta, plain, dry	55	Grams	480	140
Grain Products	Pasta_prep	Pasta, plain, prepared	140	Grams	480	140
Grain Products	Pasta_ready	Pasta, dry, ready to eat (fried noodles)	25	Grams	480	140
Grain Products	Pizcrust	Pizza crust	55	Grams	480	140
Potatoes	Pot_fresh/frozen	Potatoes, fresh/frozen/plain	110	Grams	480	140
Potatoes	Pot_fries1	Potatoes, prepared (fries, hashbrowns, skins)	70	Grams	480	140

Potatoes	Pot_fries2	Potatoes, frozen unprepared (fries, hashbrowns, skins, pancakes)	85	Grams	480	140
Potatoes	Pot_can/liquid	Potatoes, canned in liquid	160	Grams	480	140
Potatoes	Pot_stuff/mashed	Potatoes/sweet potatoes; stuffed, mashed, candied or with sauce	140	Grams	480	140
Potatoes	Pot_vac	Potatoes, vacuum packed	125	Grams	480	140
Salad	Salad_misc	Salad, egg, bean, fruit, fish, vegetable	100	Grams	480	240
Salad	Salad_mt/fish	Salad, meat, poultry or fish	100	Grams	480	240
Salad	Salad_pasta/pot	Salad, pasta or potato	140	Grams	480	240
Sauce	Sauce_condmj	Major condiments (ketchup, steak, soy, teriyaki, vinegar, marinades)	15	Grams	480	140
Sauce	Sauce_condmn	Minor condiments (horseradish, hot sauces, mustard, worcestershire)	5	Grams	480	140
Sauce	Sauce_dip	Sauce (BBQ, tartar, all dips including salsa, hollandaise, sweet/sour, mustard sauce)	30	Grams	480	140
Sauce	Sauce_major	Sauce, major main entrée (spaghetti, pasta...)	125	Grams	480	360
Sauce	Sauce_minor	Sauce, minor main entrée (pizza, pesto, gravy, cheese, cocktail, white)	0.25	Cups	480	140
Snacks	Snacks	Popcorn**	30	Grams	480	240
Soup	Soup_mt	Soups, meat/poultry (USDA regulated)	245	Grams	480	480
Soup	Soup_non	Soups, non-meat	245	Grams	480	480
Grain Products	Sweetbrd	Sweetened breads, quick-type (muffins)	55	Grams	480	240
Grain Products	Taco	Taco shells,hard	30	Grams	480	140
Meat Substitutes	Tofu	Tofu, tempeh	85	Grams	480	140
Vegetables	Veg_fresh/frozen	Vegetables, plain, fresh/frozen	85	Grams	480	140
Vegetable Juice	Veg_juice	Vegetable juice	8	Ounces	480	360

Vegetables	Veg_canned/liquid***	Vegetables, canned in liquid (cream style corn, pumpkin, winter squash)	130	Grams	480	240
Vegetables	Veg_canned/liquid***	Vegetables, canned in liquid (tomato-based)	130	Grams	480	360
Vegetables	Veg_paste	Vegetable paste (tomato paste)	30	Grams	480	240
Vegetables	Veg_sauce	Vegetable, sauce or puree	60	Grams	480	240
Vegetables	Veg_vac	Vegetables, vacuum-packed	95	Grams	480	240
Vegetables	Veg_wsauce_fresh/frozen	Vegetables, with sauce or mixtures, fresh/canned/frozen	110	Grams	480	240
Grain Products	Waffles	Waffles	85	Grams	480	240
Dairy Products	Yogurt	Yogurt	225	Grams	480	240

* SODIUM LIMIT IS PER LABELED SERVING EXCEPT @ 480mg = PER LABELED SERVING AND PER RACC

** POPCORN (Unsweetened) is the only certifiable snack

*** CANNED TOMATO PRODUCTS @ 360mg; ALL OTHER CANNED VEGETABLES @ 240mg

HEART-CHECK PROGRAM
MEAL AND MAIN DISH FOOD CATEGORY LIST
(Meal and Main Dish Products do not have RACC amounts)
Sort = Alpha by H-C Category Name

Food Category	Heart-Check Category Name	FDA/USDA Product Category		Current H-C Sodium Limit (in Mg) Per SS	2014 H-C Sodium Limit (in Mg) Per SS
Main Dish	Md_gam	Main dish, fish/game	Total Fat, Saturated Fat and Cholesterol are per 100 grams; Trans Fat and Sodium are per label serving size only	600	600
Main Dish	Md_mt	Main dish, meat/poultry		600	600
Main Dish	Md_non	Main dish, non-meat		600	600

Meals	Dinner_gam	Dinners, fish/game	Total Fat, Saturated Fat and Cholesterol are per 100 grams; Trans Fat and Sodium are per label serving size only	600	600
Meals	Dinner_mt	Dinners, meat/poultry		600	600
Meals	Dinner_non	Dinners, non-meat		600	600