



Heart-Check Food Certification Program Quick Reference Guide – Lab Testing Process

- Lab testing is required when a product’s nutrient values approach the maximum certification criteria. This is identified as a “lab trigger”. See “Lab Triggers by Certification Guideline” on the next page for more information.
- Lab analysis of a 12-sample composite will be required to validate compliance. 12-samples of the product, as packaged for retail, should be provided to the laboratory and composited by the lab for analysis, not composited by the company before sending the samples.
- Lab tests are required upon initial certification and if/when a product is reformulated.

Lab Testing Procedure

1. If your product requires lab testing, you will receive an email notification from the Heart-Check team stating which product(s) require(s) lab testing and what nutrient(s) will need to be tested.
2. If your product hits a lab trigger, results can be provided by the laboratory of your choosing. However, a discount may be available at Eurofins Laboratories.
 - a. If you would like to submit samples to Eurofins Labs, you will be provided with an Analysis Request Form and shipping instructions.
 - b. Applicants are responsible for lab testing costs, including any costs for shipping and/or pulling product samples.
3. Lab test results from the applying company are accepted under the following conditions:
 - a. Results are for the current formulation of the product.
 - b. Testing was conducted by a facility that follows established Good Laboratory Practices (for non-clinical laboratory studies as outlined in FDA’s [21CFR58](#)).
 - c. The facility uses the most current Association of Official Analytical Chemists (AOAC) official methods, where available (a Laboratory Worksheet will be required to validate your lab’s accreditation).
4. Once received, lab results will be analyzed by Heart-Check Operations staff. A product is considered compliant with certification criteria if the lab result is at or below the stated certification criteria.
5. Once your product’s nutritional compliance is verified, you will receive an email stating nutrition approval and information on next steps for certification.

Lab Triggers by Certification Guideline

Standard, Non-Meat		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	< 6.5g per RACC	≥ 5.2g per RACC
Saturated Fat	≤ 1g per RACC + ≤ 15% calories from saturated fat	≥ 0.8g per RACC
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	≤ 20mg per RACC	≥ 16mg per RACC
Sodium	Based on the sodium criteria by subcategory code as listed in the Program Guide	
	480mg per RACC + per labeled serving size	≥ 384mg per RACC or per labeled serving size
	360mg per labeled serving size	≥ 288mg per labeled serving size
	240mg per labeled serving size	≥ 192mg per labeled serving size
	140mg per labeled serving size	≥ 112mg per labeled serving size

Standard, Meat		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	< 5g per RACC + per 100g	≥ 4g per RACC or per 100g
Saturated Fat	< 2g per RACC + per 100g	≥ 1.6g per RACC or per 100g
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	< 95mg per RACC + per 100g	≥ 76mg per RACC
Sodium	Based on the sodium criteria by subcategory code as listed in the Program Guide	
	480mg per RACC + per labeled serving size	≥ 384mg per RACC or per labeled serving size
	360mg per labeled serving size	≥ 288mg per labeled serving size
	240mg per labeled serving size	≥ 192mg per labeled serving size
	140mg per labeled serving size	≥ 112mg per labeled serving size

Main Dish and Meal		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	≤ 3g per 100g + ≤ 30% calories from fat	≥ 2.4g per 100g
Saturated Fat	≤ 1g per 100g + < 10% calories from saturated fat	≥ 0.8g per 100g
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g per labeled serving size
Cholesterol	≤ 20mg per 100g	≥ 16mg per 100g
Sodium	≤ 600mg per labeled serving size	≥ 480mg per labeled serving size

Whole Grain		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	< 6.5g per RACC	≥ 5.2g per RACC
Saturated Fat	≤ 1g per RACC + ≤ 15% calories from saturated fat	≥ 0.8g per RACC
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	≤ 20mg per RACC	≥ 16mg per RACC
Sodium	Based on the sodium criteria by subcategory code as listed in the Program Guide	
	480mg per RACC + per labeled serving size	≥ 384mg per RACC or per labeled serving size
	360mg per labeled serving size	≥ 288mg per labeled serving size
	240mg per labeled serving size	≥ 192mg per labeled serving size
	140mg per labeled serving size	≥ 112mg per labeled serving size

Nuts		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	No Limit	N/A
Saturated Fat	≤ 4g per 50g	≥ 3.2 per 50g
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	0mg per labeled serving	N/A
Sodium	140mg per labeled serving size	≥ 112mg per labeled serving size

Fish (Omega-3 Fatty Acids)		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	≤ 16g per RACC	≥ 12.8g per RACC
Saturated Fat	≤ 4g per RACC	≥ 3.2g per RACC
Trans Fat	< 0.5g per RACC + per labeled serving size	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	< 95mg per RACC + per 100g	≥ 76mg per RACC or per 100g
Sodium	Based on the sodium criteria by subcategory code as listed in the Program Guide	
	480mg per RACC + per labeled serving size	≥ 384mg per RACC or per labeled serving size
	360mg per labeled serving size	≥ 288mg per labeled serving size
	240mg per labeled serving size	≥ 192mg per labeled serving size
	140mg per labeled serving size	≥ 112mg per labeled serving size

Olive Oil and Corn Oil		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	No Limit	N/A
Saturated Fat	≤ 4g per RACC + per labeled serving	≥ 3.2 per RACC or per labeled serving size
Trans Fat	< 0.5g per RACC + per 50g	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	≤ 20mg per RACC + per 50g	N/A
Sodium	0mg per labeled serving	N/A

Canola Oil		
Nutrient	Criteria Limit	Trigger(s)
Total Fat	No Limit	N/A
Saturated Fat	≤ 1g per RACC + per labeled serving + ≤ 15% calories from sat fat	≥ 0.8 per RACC or per labeled serving size
Trans Fat	< 0.5g per RACC + per 50g	≥ 0.4g unrounded per RACC or per labeled serving size
Cholesterol	≤ 20mg per RACC + per 50g	N/A
Sodium	0mg per labeled serving	N/A