American Heart Association Heart-Check Food Certification Program Nutrition Requirements

The Heart-Check Program has six different categories of certification, and each category has a different set of nutrition requirements. All products must meet government regulatory requirements for making a coronary heart disease health claim. The specific health claim corresponding to each certification category is indicated by docket or CFR (Code of Federal Regulations) number in column headers below. Most nutrient requirements are per FDA/USDA RACC amounts (RACC = Reference Amount Customarily Consumed or "standardized serving size"). Some are per additional or other measurement amounts as noted below with asterisk. Main Dish and Meal Products do not have RACC amounts.

g = grams mg = milligrams oz = ounces fl oz = fluid ounces DV = Daily Value

	Standard** Docket # 2006Q-0458	**Standard "Extra Lean"** (meat and seafood) 21 CFR 101.75	**Main Dish and Meal Products** 21 CFR 101.75	**Whole Grain** with required levels of whole grain and dietary fiber Docket # 03Q-0547
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**
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 less than 10% calories from saturated fat	**1 g or less** and 15% of less calories from saturated fat
***Trans* Fat**	**less than 0.5 g** also per label serving* Products containing partially hydrogenated oils are not eligible for certification	**less than 0.5 g** also per label serving* Products containing partially hydrogenated oils are not eligible for certification	**less than 0.5 g** also per label serving* Products containing partially hydrogenated oils are not eligible for certification	**less than 0.5 g** also per label serving* Products containing partially hydrogenated oils are not eligible for certification
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**
Sodium	One of four sodium limits applies based on food category: up to 140 mg, 240 mg, or 360 mg per label serving*, or 480 mg per label serving and per RACC*. See Sodium Limits by Category at heartcheck.org for details.	One of four sodium limits applies based on food category: up to 140 mg, 240 mg, or 360 mg per label serving*, or 480 mg per label serving and per RACC*. See Sodium Limits by Category at heartcheck.org for details.	**600 mg or less** per label serving*	One of four sodium limits applies based on food category: up to 140 mg, 240 mg, or 360 mg per label serving*, or 480 mg per label serving and per RACC*. See Sodium Limits by Category at heartcheck.org for details.
Beneficial Nutrients (naturally occurring)	**10% or more Daily Value (DV)** of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	**10% or more DV** of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	**10% or more DV** 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 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
Minimum Dietary Fiber (from whole grain only)	N/A	N/A	N/A	**1.7 g per RACC of 30 g** **2.5 g per RACC of 45 g** **2.8 g per RACC of 50 g** **3.0 g per RACC of 55 g**

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	Standard**	Standard "Extra Lean"	Main Dish and Meal Products	Whole Grain
Additional Food Category-Specific Requirements	**Grain-Based Products** • Dietary fiber: 10% or more DV per RACC • Total sugar should be limited to <7 g per serving based on amount of dietary fiber. *Sugars from pieces of fruit do not count toward the sugars allowance but amount(s) and source(s) must be disclosed* **Yogurt** • 20 g or less sugars (total) per standard 6 oz serving **Milk & Milk Alternatives** • 130 or less calories per 8 fl oz **Fruit/ Vegetable Juices** • 100% juice (or 100% juice plus water) with no added sugars/sweeteners (excludes non-nutritive sweeteners) • 120 or less calories per 8 fl oz • 10% DV for 3 nutrients for which a DV exists – at least one of these beneficial nutrients must satisfy the 10% DV level requirement **Canned Fruits / Vegetables** (including potatoes and sweet potatoes) • No "Heavy Syrup" allowed **Frozen Fruit** • 100% fruit (no added sugars) **Snacks** • <5 g added sugar per serving. **Smoothies** • ≤ 200 calories per RACC (8 oz) or ≤ 300 calories per 9-20 oz and ≤ 2 tsp added sugar per serving • Must contain at least one serving of fruit or vegetable and/or dairy/dairy alternative **Grain-Based & Snack Bars** • ≥10% Daily Value of dietary fiber per RACC and contain ≤ 8 g added sugar per serving.	**Processed Deli Meats:** Preservation methods that include smoking, curing, salting or other chemical preservatives including added nitrates/nitrites will not be allowed.	N/A	**Grain-Based Products** Certifiable products include breads, biscuits, cereals (ready-to-eat & cooked), crackers, pancakes, French toast, waffles, muffins, sweet quick-type breads, and pastas • Dietary fiber: 10% or more DV per RACC • Sugars (total): – 7 g or less per serving if good source of dietary fiber (10-19% DV per RACC) – 9 g or less per serving if excellent source of dietary fiber (20% or more DV per RACC) *Sugars from pieces of fruit do not count toward the sugars allowance but amount(s) and source(s) must be disclosed*
Category Examples Include	• Bakery products (breads, crackers) • Beans and legumes • Cereals and other grain products (pasta, rice) • Dairy (yogurt, milk, cheese) • Fruits • Juice • Mixed dishes (casseroles, spaghetti with sauce) • Potatoes • Soups (without meat or seafood) • Vegetables	• Canned meat and seafood • Deli meats • Fresh and frozen meat • Soups (with meat/seafood)	• Frozen and packaged meals and entrees (minimum 6 oz)	• Bread • Cereal • Pasta • Tortillas

* *Measurement amounts in addition to or instead of RACC*

** *This category only applies to FDA-regulated products.*

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	High-Oleic Oils Docket # 2017Q-0807	**Soybean Oil** Docket # 2016Q-0995	**Olive Oil** Docket # 2003Q-0059	**Canola Oil** Docket # 2006Q-0091	**Corn Oil** Docket # 2006P-0243
Total Fat	**no limit**	**no limit**	**no limit**	**no limit**	**no limit**
Saturated Fat	**4 g or less** per 50 g only*	**4 g or less** also per labeled serving (not per 50 g)*	**4 g or less** also per labeled serving (not per 50 g)*	**1 g or less** also per labeled serving* and no more than 15% calories from saturated fat	**4 g or less** also per labeled serving (not per 50 g)*
***Trans* Fat**	**less than 0.5 g** also per label serving*	**less than 0.5 g** also per 50 g* Products containing partially hydrogenated oils are not eligible for certification	**less than 0.5 g** also per 50 g* Products containing partially hydrogenated oils are not eligible for certification.	**less than 0.5 g** also per 50 g* Products containing partially hydrogenated oils are not eligible for certification.	**less than 0.5 g** also per 50 g* Products containing partially hydrogenated oils are not eligible for certification.
Cholesterol	**20 mg or less** also per 50 g*	**less than 95 mg** also per 100 g*	**20 mg or less** also per 50 g*	**20 mg or less** also per 50 g*	**20 mg or less** also per 50 g*
Sodium	**0 mg**	**0 mg**	**0 mg**	**0 mg**	**0 mg**
Beneficial Nutrients (naturally occurring)	N/A	N/A	N/A	N/A	N/A
Omega-3 Fatty Acids (EPA & DHA)	N/A	N/A	N/A	N/A	N/A
Other	High oleic acid oils or blends containing a high oleic oil must contain 5 g oleic acid per RACC	Liquid oil must be pure soybean oil Oil derivatives must contain at least 5 g soybean oil per RACC Dressings for salads and oil-containing products must have no more than 1.5 g added sugar per serving	Pure olive oil only Oil derivatives must contain ≥ 6 g Olive Oil per RACC Dressings for salads and oil-containing products must have ≤ 1.5 g added sugar per serving	Pure canola/rapeseed oil only Oil derivatives must contain ≥ 4.75 g Canola Oil per RACC Dressings for salads and oil-containing products must have ≤ 1.5 g added sugar per serving	Pure corn oil and vegetable oil blends containing at least 4 g corn oil Oil derivatives must contain ≥ 4 g Corn Oil per RACC Dressings for salads and oil-containing products must have ≤ 1.5 g added sugar per serving per RACC only

** Measurement amounts in addition to or instead of RACC*

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	Nuts (whole or chopped) Docket # 02P-0505	**Fish** with required level of Omega-3 Fatty Acids Docket # 2003Q-0401	**Raw (Fresh) Fruits & Vegetables**	**Macadamia Nuts** Docket #2015Q-4850	
Total Fat	**no limit**	**16 g or less**	**13 g or less** and per label serving and per 50 g for small RACC	**no limit**	
Saturated Fat	**4 g or less** per 50 g only*	**4 g or less**	**1.0 g or less** and ≤ 15% of calories from saturated fat	**no limit**	
***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 labeled serving*	**less than 0.5 g** also per label serving*	
Cholesterol	**0 mg** per label serving*	**less than 95 mg** also per 100 g*	**20 mg or less**	**0 mg** per label serving*	
Sodium	**140 mg or less** per label serving*	One of four sodium limits applies based on food category: up to 140 mg, 240 mg, or 360 mg per label serving*, or 480 mg per label serving and per RACC*. See Sodium Limits by Category at heartcheck.org for details.	**140 mg or less** per label serving*	**140 mg or less** per label serving*	
Beneficial Nutrients (naturally occurring)	**10% or more Daily Value** of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber *(not applicable to walnuts)*	**10% or more Daily Value** of 1 of 6 nutrients: vitamin A, vitamin C, iron, calcium, protein or dietary fiber	N/A	N/A	
Omega-3 Fatty Acids (EPA & DHA)	N/A	**500 mg or more** per 85 g (3 oz) cooked*	N/A	N/A	
Other	Eligible nuts: almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and some pine nuts Added Fats: less than 0.5 g per RACC Added Carbohydrates: less than 1 g per RACC Amount(s) and source(s) of added fats and carbohydrates must be disclosed	Added Fats: less than 0.5 g per RACC Added Carbohydrates: less than 1 g per RACC Amount(s) and source(s) of added fats and carbohydrates must be disclosed	Nearly all fresh fruits and vegetables that don't qualify under Standard Certification should meet these requirements Dried fruit is not covered in this category and must qualify under standard certification	Eligible macadamia nuts include raw, blanched, roasted, salted, and/or lightly coated and/or flavored Added fats: < 0.5 g per RACC Added carbohydrates: < 1 g per RACC Amounts and sources must be disclosed	

** Measurement amounts in addition to or instead of RACC*

The AHA Heart-Check Food Certification Program is designed to help consumers make informed choices about the foods they purchase. The nutrition requirements are food-based and intended for healthy people over age two. The Heart-Check program is not a dietary solution for any particular condition or disease. People with medical conditions or dietary restrictions should follow the advice of their healthcare professionals.