

Proposed Food Group Equivalents for the FDA's 'Healthy' Claim

Food Group	Food Group Equivalent
Vegetables	½ cup equivalent
Fruits	½ cup equivalent
Grain	¾ oz equivalent
Dairy	¾ cup equivalent
Protein,* including: <ul style="list-style-type: none">• game meats; and• seafood; eggs; beans, peas, and soy products; and nuts and seeds. <i>*Excludes meat and poultry products regulated by the USDA.</i>	<ul style="list-style-type: none">• 1½ oz equivalent• 1 oz equivalent

SOURCE: FOOD LABELING: NUTRIENT CONTENT CLAIMS; DEFINITION OF TERM "HEALTHY." FEDERAL REGISTER WEBSITE. [HTTPS://WWW.FEDERALREGISTER.GOV/DOCUMENTS/2022/09/29/2022-20975/FOOD-LABELING-NUTRIENT-CONTENT-CLAIMS-DEFINITION-OF-TERM-HEALTHY](https://www.federalregister.gov/documents/2022/09/29/2022-20975/food-labeling-nutrient-content-claims-definition-of-term-healthy). PUBLISHED SEPTEMBER 29, 2022.