

Second Quarter 2025

Nutrition Communications Network



Science-Based Nutrition Messages for the Spring and Summer

Use the science-based nutrition messages in this guide to help fuel your social media outreach, web content, and other constituent communication during this busy season. Inside you'll find ready-to-post monthly messages with health-conscious tips, infographics, shareable resources, and a sample blog post that can be used to engage your members or followers. We encourage you to use the #NutritionFactsLabel hashtag along with the messages.

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The Nutrition Communications Network is operated by the Reagan-Udall Foundation for the FDA. This project is part of a multi-part Foundation project on nutrition. It is supported by the Food and Drug Administration (FDA) of the U.S. Department of Health and Human Services (HHS) as part of an award of \$21,000 of federal funds (29% of the full project) and by \$50,000 committed from non-governmental sources (71% of the full project). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, FDA, HHS, or the U.S. Government. For more information, please visit FDA.gov.



APRIL

2025

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The FDA has updated the definition of “healthy” for food labeling to align with current nutrition science. Learn what the updated “healthy” claim means for YOU.

<https://www.fda.gov/media/184538/download?attachment>

The FDA is proposing a new front-of-package nutrition label to make it easier for consumers to quickly assess the healthfulness of packaged foods! Submit your comments on the proposed design by May 16.

<https://www.regulations.gov/commenton/FDA-2024-N-2910-0001>

We can all play a part in reaching the national food waste reduction goal - to reduce food waste by 50% by the year 2030. Start using these tips today to reduce food waste and save money.

<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

April is #NationalFoodMonth, an opportunity to connect with family and friends over your favorite dishes. Use the Surgeon General’s Recipes for Connection tool to spark ideas for gathering around food, one bite at a time.

<https://www.hhs.gov/sites/default/files/recipes-for-connection.pdf>



Traveling this weekend? Challenge your kids to help prepare snacks ahead of time. Ask them to measure out single servings of nuts or dried fruit using the #NutritionFactsLabel.

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/default.cfm>

Did you know the FDA “healthy” nutrient content claim for food labeling was first introduced in the early 1990s? Nutrition science and dietary guidelines have evolved since then, so the FDA updated the criteria for “healthy” this year to reflect the latest research. Healthy eating isn’t about single nutrients - it’s about balanced dietary patterns that include a variety of food groups and essential nutrients.

<https://www.fda.gov/media/184535/download?attachment>

Instead of flipping products around to check the #NutritionFactsLabel, key details - like added sugars, saturated fat, and sodium - could be displayed right on the front of the package. Share your input on the proposed design by May 16.

<https://www.regulations.gov/commenton/FDA-2024-N-2910-0001>



Reducing food waste this spring can help you save money and protect the environment. One simple way to do your part is to pre-plan by making your shopping list before going to the grocery store. Watch this video for more food loss and waste tips.

<https://www.youtube.com/watch?v=JgKdI0FF1XE&feature=youtu.be>

Not sure which plant-based milk alternatives can help you meet your nutrition goals? Use the #NutritionFactsLabel to select alternatives like fortified soy beverages that are higher in protein, vitamin D, calcium, and potassium.

<https://www.fda.gov/food/nutrition-education-resources-materials/using-nutrition-facts-label-choose-milk-and-plant-based-beverages>

Turn your next grocery trip into a learning experience! Head to the seafood section and talk to your kids about how fish supports brain development and overall health. Quiz them on the types of fish in the store and how many servings they should have each week. Small moments like these can make a big impact on lifelong healthy habits.

<https://www.fda.gov/media/152848/download>

Donating wholesome food can help reduce food loss and waste while supporting those in need. The FDA encourages food donations to strengthen communities and promote sustainability. For retail food establishments looking to donate, food safety is key. Here are some steps that retail food establishments should keep in mind when donating food.

<https://www.fda.gov/food/retail-food-industryregulatory-assistance-training/key-steps-donating-food-retail-food-establishments>

Key Observances

Mental Health Awareness Month

National Older Americans Month

National Barbeque Month

May 11: Mother's Day

May 11-17: Food Allergy Awareness Week

May 11-17: National Women's Health Week

May 17: World Hypertension Day

MAY

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It's #NationalBarbecueMonth, which means it's time to gather your friends and family and fire up the grill. Swap out salt for bold spices and herbs like cilantro, paprika, or rosemary - because great taste doesn't need a saltshaker!

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>



The "healthy" claim can no longer be used on foods that are too high in added sugars or on food packages that don't have enough of certain food groups. Learn more about the criteria to use the claim.

<https://www.fda.gov/media/184537/download?attachment>

Sesame is now recognized as the 9th major food allergen, which means that packaged foods and supplements must label sesame as an allergen - making it easier for those with allergies to stay safe.

<https://www.fda.gov/food/food-allergies/faster-act-sesame-ninth-major-food-allergen>

Food labeling serves as an important tool to guide healthy eating habits. FDA's labeling initiatives, like updates to the #NutritionFactsLabel, were made to empower consumers to make the healthier choice, the easier choice.

<https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/fdas-nutrition-initiatives>

Big changes are coming to food labels! The FDA is working on a new front-of-package nutrition labeling scheme to make it easier to spot key nutrition details at a glance, and they want your input! Submit your comments on the proposed design by May 16.

<https://www.regulations.gov/commenton/FDA-2024-N-2910-0001>

While many kinds of foods or ingredients can cause allergic reactions, federal laws focus on nine food allergens that commonly cause serious reactions and require them to be specifically identified on food labels. Learn more about how the FDA helps to protect people who are allergic to sesame, the newest addition to the major food allergens list.

<https://www.fda.gov/food/food-allergies/faster-act-sesame-ninth-major-food-allergen>



Healthy eating isn't just about aging gracefully, it's about taking control of your health by reducing the risk of disease. For older adults, prioritizing key nutrients like potassium, calcium, vitamin D, dietary fiber, and protein is essential for maintaining muscle mass and overall well-being. Small, intentional dietary choices can make a big difference in long-term health!

<https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults#three-tips>

Too Much Sodium = Higher Blood Pressure Risk. Most people consume far above the daily recommended 2,300 mg limit. Over time, excess sodium can raise blood pressure, increase the risk of hypertension and heart disease. Take control of your health. Check the #NutritionFactsLabel and choose foods labeled "low sodium" or "no salt added" - especially on frozen meals, canned soups, and snacks. Small changes make a big difference. Your heart will thank you. #WorldHypertensionDay

<https://www.fda.gov/media/84261/download#:~:text=Americans%20eat%20on%20average%20about,1%20teaspoon%20of%20table%20salt=>

Key Observances

National Men's Health Month

National Fresh Fruit and Vegetables Month

June 7: World Food Safety Day

June 15: Father's Day

June 19: Juneteenth

June 20: First Day of Summer

JUNE

2025

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Want to know what foods can qualify under the FDA's updated "healthy" claim? Foods like fresh and frozen fruits and vegetables, water, eggs, and olive oil can all use this nutrient content claim. Learn what other foods can qualify.

<https://www.fda.gov/media/184534/download?attachment>

Enjoy June's seasonal produce with a summer grain bowl. Combine quinoa with grilled corn, bell peppers, avocado, and fresh basil, then top with a squeeze of lime and a light vinaigrette for a meal packed with seasonal goodness and important nutrients.

https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf



This #WorldFoodSafetyDay and every day, we are committed to advancing food safety across the supply chain. Learn how you can do your part to reduce the risk of foodborne illnesses today!

<https://www.fda.gov/food/consumers/world-food-safety-day>

Added sugars are now listed on the #NutritionFactsLabel to help you track your intake. Cutting back can support better health and reduce the risk of chronic diseases. Learn more about how to reduce your intake.

<https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label>

#DYK that 66% of Americans exceed the limits for saturated fat intake? Diets higher in saturated fat are associated with an increased risk of developing cardiovascular disease. Next time you shop, use the #NutritionFactsLabel to choose options lower in saturated fat.

https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_SaturatedFat_October2021.pdf



Summer is heating up, but don't let food safety chill. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishable foods within 2 hours of coming from the grocery store for the best safety and quality. And don't forget, your refrigerator temperature should be consistently 40° F or below, and your freezer temperature should be at least 0° F.

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Calcium and vitamin D are key nutrients found on the #NutritionFactsLabel that support bone health and can reduce the risk of developing osteoporosis. For men, these recommendations become more important with age. Use the interactive #NutritionFactsLabel to learn how you can identify these key nutrients this #MensHealthMonth.

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro>

Understanding the calorie count on food labels is key to making informed dietary choices. The #NutritionFactsLabel provides a clear breakdown of calories per serving, helping consumers balance their energy intake with their lifestyle and health goals. How do you use the label when making food choices? Share your thoughts!

<https://www.fda.gov/food/nutrition-facts-label/calories-nutrition-facts-label>

Summer brings sunshine, travel, and seasonal eats. But between BBQs, beach snacks, and refreshing treats, it's easy to lose track of what's really fueling your body. That's where the % Daily Value (%DV) on the #NutritionFactsLabel can help. Here are some quick tips for using the %DV to make informed choices this summer.

<https://www.fda.gov/food/nutrition-facts-label/lows-and-highs-percent-daily-value-nutrition-facts-label>

The FDA has helpful tools to make healthy eating at home easier this summer. Use the #NutritionFactsLabel to compare food options at the grocery store and check calories, serving sizes, and key nutrients at home. Small, informed choices can make a big difference in building healthy habits for you and your family!

<https://www.fda.gov/media/134423/download?attachment>

Infographics

FDA's Updated "Healthy" Claim Definition



The "healthy" nutrient content claim for use in food labeling was originally developed in the early 1990s. Nutrition science and dietary recommendations have changed over the years, so FDA has updated the "healthy" claim for foods. Healthy diets are made up of a variety of food groups and nutrients and the "healthy" claim can help consumers identify those foods that are the foundation of healthy dietary patterns.

Limits on: Saturated fat Sodium Added Sugars

Required to contain: A minimum amount of recommended food groups and sub-groups (vegetables, fruits, dairy, protein foods, whole grains) which contain an array of nutrients.

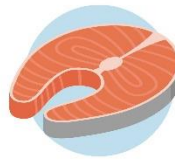
Examples of foods that qualify under the updated "Healthy" claim:



Fresh whole fruits and vegetables



Frozen, chopped, dried, or canned fruits and vegetables*



Salmon



Trail mix with nuts and dried fruit*



Plain low-fat or fat-free yogurt



Eggs



Water



100% olive oil

* Nutritional content of these items may vary based on added ingredients and must meet a minimum food group amount and required limits for saturated fat, sodium, and added sugars to qualify to bear the "healthy" claim under the updated definition.

Examples of foods that qualified under the original "Healthy" claim:

- Yogurt that is high in added sugars
- Fortified breakfast cereal that is high in added sugars
- Fortified white bread with no whole grains
- Fruit snacks that are high in added sugars
- Snack bars that are high in added sugars
- Fortified fruit punch (not 100% juice)



For more information, visit: <https://www.FDA.gov/healthy>

SCAN QR CODE
Healthy



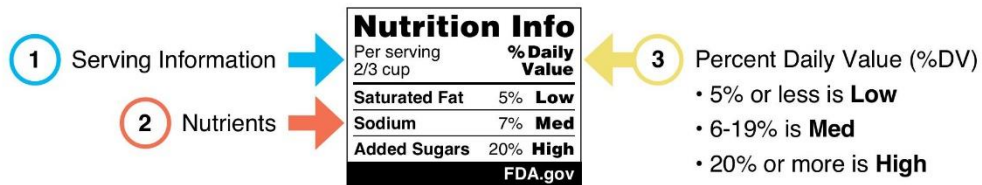
[Download](#)

Learn More About the Proposed Nutrition Info Box



The U.S. Food and Drug Administration (FDA) is proposing to require a front-of-package (FOP) nutrition label on most packaged foods to provide accessible, at-a-glance information to help consumers quickly and easily identify how foods can be part of a healthy diet. Learn more about the proposed Nutrition Info box.

Proposed Design



1. Serving Information

The serving size information is based on the amount of food that is usually eaten at one time and is not a recommendation of how much to eat or drink at one time.

2. Nutrients

The Nutrition Info box shows some key nutrients to limit (saturated fat, sodium, and added sugars).

3. Percent Daily Value (%DV)

The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet.

“Low,” “Med,” or “High” to the right of the %DV lets you know whether the amount of each nutrient per serving is low, medium, or high.

- 5% DV or less is **Low**
- 6% to 19% DV is **Med**
- 20% DV or more is **High**



Proposed FOP nutrition label on mockup packaging.

FDA Wants to Hear From You!

Submit your comments on the proposed design. Comments on the proposed rule can be submitted electronically to <http://www.regulations.gov> by the closing date, which can be found in docket number FDA-2024-N-2910. All written comments should be identified with the docket number and the title "Food Labeling: Front-of-Package Nutrition Information."

Shareable Resources

- ❖ [Front-of-Package Nutrition Labeling](#)
- ❖ [Nutrition Education Resources & Materials](#)
- ❖ [Resources to Reduce Food Loss and Waste](#)
- ❖ [Learning More About Sesame as a Food Allergen](#)
- ❖ [Using the Nutrition Facts Label: For Older Adults](#)
- ❖ [Use of the Term Healthy on Food Labeling](#)

Products that Will Now Qualify for “Healthy” under the Final Rule



Blog Post

Food Allergies and Labels: What You Need to Know About Sesame and Other Allergens

If you or someone in your family has a food allergy, you know how important it is to read ingredient labels carefully. Thanks to new FDA regulations, it's getting easier to spot allergens - especially sesame - on packaged foods.

Why Food Labels Matter for Allergies

Food allergies affect millions of people, and even a small amount of an allergen can cause serious reactions. That's why the U.S. Food and Drug Administration (FDA) [requires](#) that major allergens be clearly listed on food labels. These allergens include:

- Milk
- Eggs
- Fish
- Crustacean shellfish
- Tree nuts
- Peanuts
- Wheat
- Soybeans
- Sesame (as of January 1, 2023)



Sesame was [recently added](#) to this list because allergic reactions to sesame have been increasing in the U.S. Before this change, sesame was sometimes included under broader terms like "natural flavors" or "spices," which could make it harder for those with allergies to identify. Now, it must be clearly listed on packaged good labels.

How to Stay Safe If You Have a Food Allergy

1. **Read Labels Every Time:** Ingredients can change, so even familiar foods should be double-checked.
2. **Be Aware of Cross-Contact:** Some foods may be made in facilities that process allergens, increasing the risk of exposure.
3. **Ask Questions When Dining Out:** Restaurants may not always list every ingredient, so be sure to ask about potential allergens in your meal.
4. **Carry Emergency Medication:** If you have a severe allergy, always have your epinephrine auto-injector on hand.

The Bottom Line

Food labels are an important tool in managing food allergies, and the recent FDA update requiring sesame to be listed helps make shopping safer. Always stay vigilant, read labels carefully, and take the necessary precautions to avoid allergens. If you have any concerns about food allergies, talk to your doctor or an allergist to get the best advice for your situation.