

Third Quarter 2025

Nutrition Communications Network



Science-Based Nutrition Messages for the Summer and Fall

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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JULY

2025

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July 3 is #NationalEatYourBeansDay, and the #NutritionFactsLabel can help you spot the best picks! Packed with protein and dietary fiber, pulses like black beans and garbanzo beans are a “bean-eficial” addition to any summer meal when you toss them into salads or blend them into dips and soups.

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/dietary-fiber.cfm>



With so many food options on grocery store shelves, it can be hard to know what’s healthy. The FDA’s #NutritionFactsLabel on the back of the package is your go-to tool for making informed nutrition decisions right from the package.

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

This #IndependenceDay, celebrate the freedom to make informed choices with the help of the #NutritionFactsLabel. Whether you’re enjoying a barbecue, packing a picnic, or hiking, the label can help you make mindful decisions about the nutrients in your favorite protein or summer snacks. Use the label as your go-to guide for creating a balanced, on-the-go spread for the whole family!

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

The best food is safe food. To protect you and your family from foodborne illness, ask waiters that burgers be cooked to 160°F, seafood to 145°F, steaks and roasts to 145°F, and chicken and turkey to 165°F. Learn more about making the safe food choice while dining out:

<https://www.fda.gov/media/115455/download>

Easily compare the nutrient content in packaged foods by checking %DV on the #NutritionFactsLabel to make informed food choices. Look for higher %DV for nutrients like dietary fiber, calcium, and potassium, and lower %DV for nutrients to limit, like added sugars, saturated fat, and sodium. From barbecued bites to picnic favorites, a quick label check can help you build a more balanced dinner spread.

<https://www.fda.gov/media/135304/download?attachment>



Picnic and barbecue season is here and can offer many opportunities for outdoor fun with family and friends. As you fire up the grill to celebrate #NationalGrillingMonth, keep food safety top of mind and remember to separate raw meat from veggies to reduce cross-contamination and pack and transport foods safely in summer months.

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

The FDA's updated "healthy" claim makes it easier to find foods that align with a balanced, nutrient-dense eating pattern. DYK: some foods that once qualified under the old definition, like fortified white bread and some sweetened yogurts and cereals, no longer qualify for the claim? This updated approach to nutrition labeling makes room for more heart-healthy fats and fiber-rich whole foods!

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

#DYK that to use the updated "healthy" claim, a food must have a minimum amount of recommended food groups and sub-groups, from vegetables, fruits, dairy, protein foods, and whole grains? Foods such as plain low-fat or fat-free yogurt, trail mix with nuts and dried fruit, and 100% olive oil all qualify to carry the new "healthy" claim. Learn more about how the updated "healthy" claim can help guide your food choices.

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

It's time to "avo"-cate for smarter food choices. Under the FDA's updated "healthy" claim, nutrient-rich foods like avocados now qualify to use the claim. Whether you prefer it sliced on toast or mashed in guacamole, avocados are a nutritious addition to any summer meal!

<https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/use-healthy-claim-food-labeling#:~:text=Under%20the%20updated%20claim%2C%20foods,use%20the%20%E2%80%9Chealthy%E2%80%9D%20claim>

Use the #NutritionFactsLabel to reduce your saturated fat intake. The Dietary Guidelines for Americans recommend that individuals 2 years of age and older limit their saturated fat intake to less than 10% of calories per day by replacing it with unsaturated fats, particularly polyunsaturated fats. Swap out butter, lard, shortening, and coconut oil with fats higher in polyunsaturated fat, like canola and olive oil, for a heart-healthy choice.

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

Food labeling is an important tool to guide healthy eating habits. FDA labeling initiatives, like updates to the #NutritionFactsLabel were made to help consumers make the healthier choice, the easier choice. Learn more:

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



AUGUST

2025

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This #NationalSandwichMonth, choose bread made with 100% whole grains or that has a whole grain listed as the first or second grain ingredient. Explore classic combos or invent your own sandwich by mixing lean proteins like turkey, colorful veggies like tomatoes, and low-fat spreads like hummus.

https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_DietaryFiber_October2021.pdf



Celebrate #NationalFarmersMarketWeek by supporting local farmers and enjoying fresh, seasonal produce! From vibrant fruits and vegetables to whole grains and lean proteins, the foods you find at your local farmers market may qualify under the FDA's updated "healthy" claim. Explore your local market or produce section in your grocery store today and make healthy eating a part of your summer routine.

<https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/use-healthy-claim-food-labeling>

This #KidsEatRightMonth, teach your kids how to make healthy snack choices with the #NutritionFactsLabel. Improve their nutrition literacy with the FDA's Whyville Snack Shack Games using interactive games like label lingo. These games can help kids understand how nutrition information, like the %DV and serving size, can be used to make healthy snack selections. Enter the Snack Shack and learn healthy eating habits:

<http://www.whyville.net/smmk/top/gates/flax>

The FDA has resources to help teach healthcare professionals how to use the #NutritionFactsLabel to educate patients on making informed food choices. These resources include instructions on how to use serving sizes, %DV, and identify key nutrients to consume, like vitamin D, calcium, and iron.

<https://www.fda.gov/food/resources-you-food/healthcare-professionals>

As the school year begins, there is no better time to ensure your kids make informed choices outside the home. Teach kids how to decode the #NutritionFactsLabel at the grocery store to make smart choices. Equipping your kids with the tools they need to make informed decisions on their own is a grade-A approach!

<https://www.fda.gov/media/89325/download?attachment>

The FDA's new definition of "healthy" is grounded in the latest nutrition science and reflects key nutrition science and federal guidance, including the Dietary Guidelines for Americans. Aligned with the updated #NutritionFactsLabel, the "healthy" claim is designed to help you more easily identify nutrient-dense foods that support a balanced eating pattern.

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

#DYK the FDA has advanced its sodium reduction efforts by issuing Phase II of its voluntary sodium reduction targets for packaged and prepared foods? Since sodium levels can vary between types of foods, it's important to use the #NutritionFactsLabel and reference the serving size to compare the nutrition information in each food. Shake things up and spice up your meals with low-sodium or no-salt-added nuts, seeds, and snack products without all the extra sodium!

<https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/sodium-reduction-food-supply>

Making healthy dietary choices can help you feel your best and stay active as you age. Older adults have different nutritional needs than other age groups, and the #NutritionFactsLabel is a great resource to help you, and your loved ones monitor key nutrients in your diet. Look for foods higher in vitamin D, calcium, potassium, and dietary fiber, using the %DV that best fits your nutritional needs.

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

Hydration is key, especially on a hot summer day. #DYK that you can replenish your body's fluids with fruits and veggies? Choose seasonal fruits and veggies like watermelon, strawberries, and summer squash that provide the vitamins and minerals your body needs while meeting your daily total water intake.

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



Celebrate #MoreHerbsLessSaltDay and ditch the salt shaker for no-salt seasoning herbs like basil, thyme, and cilantro. Roast in-season vegetables or sprinkle herbs on top of a fresh summer salad to savor the flavor without compromising balanced eating habits.

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



SEPTEMBER 2025

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September is #FoodSafetyEducationMonth – time to bust the myths around date labels! Confused by “sell by,” “use by,” or “best if used by” dates? You’re not alone. Learn how to decode food date labels and help reduce unnecessary food waste.

<https://www.youtube.com/watch?v=T5jgZ4fJJsw&feature=youtu.be&themeRefresh=1>



This back-to-school season, make nutrition part of your learning plan. Explore the #NutritionFactsLabel and learn how to make informed decisions about prepackaged snacks children eat in and outside of the classroom. See how label-savvy you really are by taking this quiz:

<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/quiz/>

Women need folate to make new cells and prevent major birth defects when pregnant. Learn more about folate and what foods are rich in folate, like breakfast cereals or green leafy vegetables.

<https://www.fda.gov/food/nutrition-facts-label/folate-and-folic-acid-nutrition-and-supplement-facts-labels>

Whether you're shopping for a full house or planning meals for one, FDA's Label Tip Card makes healthy choices the easier choice. Use it to navigate the #NutritionFactsLabel with confidence so you can build balanced meals from every aisle.

<https://www.fda.gov/media/131162/download>

#DYK that when recipes include food safety tips, people are more likely to follow those steps and cook their food safely? Help prevent the spread of foodborne illness by including simple reminders for safe food handling and preparation in all your recipes.

<https://www.fda.gov/media/114863/download>

Think you know food safety? DYK that even if a ready-to-cook food like frozen pizza or frozen chicken looks and smells normal, it could still be contaminated with bacteria that might make you sick, since bacteria can survive freezing temperatures. Always remember to follow the package cooking instructions for best safety and quality.

<https://www.fda.gov/food/buy-store-serve-safe-food/test-your-safety-knowledge-about-ready-cook-foods>

Managing cholesterol starts with smart food choices. Use the FDA's #NutritionFactsLabel to navigate your plate towards improved heart health by limiting high-saturated fat foods and opt for lean proteins, whole grains, beans, peas, and lentils. The label on the back of a food and beverage package includes the amount of cholesterol in milligrams and the %DV per serving to keep your heart in check!

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

Keep your cool this summer with smart food storage tips! Before you fire up the grill or pack your picnic basket, take a moment to check the expiration dates in your fridge, freezer, and pantry. A 'use by' date ensures the best flavor or quality. While a product might change in taste or texture after this date, it can still be safe to eat.

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

This National Women's Health & Fitness Day, improve your overall physical and mental health by eating a heart-healthy and balanced diet thanks to the #NutritionFactsLabel. Remember to choose foods that are 'low salt' or 'low sodium,' limit foods that have 'trans-fat,' and cut back on sugar labeled as 'glucose,' 'fructose,' 'sucrose,' and 'corn syrup.'

<https://www.fda.gov/consumers/womens-health-topics/heart-health-women>

Healthy aging starts with what's on your plate. For older adults, prioritizing key nutrients like potassium, calcium, vitamin D, fiber, vitamin B12, 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/media/135599/download>



Show your heart some love this World Heart Day and use the #NutritionFactsLabel to make heart-healthy food choices and choose foods lower in sodium, saturated fat, and added sugar. Pile on the veggies, choose whole grains, and make every bite a step towards a healthier heart.

<https://www.fda.gov/consumers/womens-health-topics/heart-health-women>

Infographics



Using the Nutrition Facts Label: FOR OLDER ADULTS



Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the **Nutrition Facts label** and you can find it on packaged foods and beverages. Read this booklet to learn how to use the Nutrition Facts label.

www.fda.gov/nutritioneducation

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[Download](#)

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](#)

Shareable Resources

- ❖ [Use of the Term Healthy on Food Labeling](#)
- ❖ [Sodium Reduction in the Food Supply](#)
- ❖ [Nutrition Education Resources & Materials](#)
- ❖ [Using the Nutrition Facts Label: For Older Adults](#)
- ❖ [Food Safety in the Kitchen: Tips for Writing Food Safe Recipes](#)
- ❖ [FDA: Whyville Snack Shack Games](#)
- ❖ [National Food Safety Education Month Resources](#)



Blog Post

Building Healthy Habits for Kids: A Guide to Nutrition Inside and Outside the Home

As summer winds down and a new school year approaches, there's no better time to focus on building healthy eating habits for kids that will last. Whether you're at home, in school, or exploring the local farmers market, every moment offers a chance to teach kids how to make smart, nutritious choices. By equipping them with the tools and knowledge they need to make informed decisions, you're setting your kids on the path to lifelong wellness. Let's explore practical ways to encourage healthy eating - inside and outside the classroom!



Start Healthy Habits at Home

Healthy habits begin in the kitchen. When stocking up on fruits, vegetables, whole grains, and lean proteins, you're influencing your child's preferences and routines. Make preparing meals fun and engaging: invite them to wash produce, build snack boxes, or prep simple meals. Try layering low-fat yogurt with berries and low-sugar granola to make DIY yogurt parfaits, alternate cheese cubes with apple or melon chunks for fruit and cheese skewers, or roll up veggie wraps with whole grain tortillas, hummus, shredded carrots, and leafy greens.

Grocery time is also learning time. As you shop or unpack groceries, take a moment to read the FDA's [Nutrition Facts Label](#) with your child. Show them how to spot important nutrients, check serving sizes, and compare similar items to find options with less added sugar or sodium. These simple, hands-on lessons build the foundation for healthier choices - whether they're at home, in the school cafeteria, or on the go.

Smart Picks at the Farmers Market

Farmers markets are a great way to teach kids about [seasonal](#), whole foods. Browse colorful, nutrient-packed produce like tomatoes, berries, cucumbers, and peaches. Some markets also offer nutritious packaged options - perfect for lunchboxes, think low-sugar trail mixes, whole grain crackers, roasted chickpeas or even homemade-style granola bars. Encourage your child to read labels at home like at the grocery store and remind them to always wash fresh produce before eating. These small steps make a big impact in teaching independence and mindful eating.

Healthy Eating at School

Back to school season is a great time to reinforce healthy habits your child has practiced at home. If your child brings a lunch from home, invite them to build their own meal by choosing foods from the fridge or pantry. Encourage a balanced mix of whole grains, fruits, veggies, and lean proteins – like a turkey sandwich with whole-grain bread, a hard-boiled egg, fresh fruit, or unsweetened applesauce. Use the #NutritionFactsLabel as a guide to help them understand what’s in their food. Look for items higher in fiber, vitamin C, potassium, or calcium, and lower in added sugars and sodium.



In the school cafeteria, remind them to fill their tray with a variety of fruits and vegetables, choose whole grain sides when available, and opt for water or milk instead of sugary drinks. Giving kids the tools to make smart choices on their own helps them develop lifelong habits – whether they’re at school, at a friend’s house, or grabbing a snack on the go.

Fueling Up for After-School Sports and Games

After-school sports and activities call for snacks that keep kids energized, focused, and ready to perform their best. Before heading to practice or the big game, encourage your child to choose balanced snacks with a mix of [protein](#), [dietary fiber](#), and [monounsaturated and polyunsaturated fats](#). Stock your kitchen with easy, grab-and-go options like apple slices with peanut butter, whole grain crackers with cheese, low-fat yogurt, or a homemade trail mix made with unsweetened dried fruit and nuts.

Use the #NutritionFactsLabel to compare snacks and find foods that are rich in nutrients their bodies need – like vitamin D, calcium, iron, and potassium. To make healthy habits even more fun, explore the FDA’s [Whyville Snack Shack Games](#) together. By fueling up the right way, your child will have the energy they need to stay active and make healthy habits part of their routine.

Making Healthy Habits Stick Year-Round

Building healthy habits for your kids isn’t just a summer project – these habits are the foundation for a lifetime of healthy eating. By starting early and reinforcing healthy habits at home, at school, and in the farmers market, you’re giving your child the tools they need to make informed decisions. Plus, as they learn to use these tools, they’ll develop lasting skills that can lead them to healthier lifestyles for years. This summer and back-to-school season, continue to build healthy eating habits that will last your family a lifetime!