

Mayo Clinic Minute: New rule for 'healthy' food labels

VIDEO	AUDIO
Dr. Hensrud	"This was long overdue ... The term 'healthy' as used as a claim for foods is way out of date."
Jason	Mayo Clinic's Dr. Donald Hensrud says the FDA's updated claim for using the word "healthy" on packaging labels is more in line with the Dietary Guidelines for Americans .
Jason	And things like fortified white bread, highly sweetened cereals and yogurt with added sugars will no longer be labeled as "healthy."
Donald Hensrud, M.D. Editor "The Mayo Clinic Diet"	"Now, when people see the simple term 'healthy food' on foods, it meets certain criteria. There's evidence supporting its health. It contains low amounts of saturated fat and sodium like it did before, but now also low amounts of sugar."
Jason	Some new foods that have been added to the "healthy" label list are fruits, vegetables, eggs, whole grains, fatty fish such as salmon, olive oil, nuts, seeds and even water.
Dr. Hensrud	"And we know from years of research that these foods are healthy."
Dr. Hensrud	"The FDA is going to work on a symbol that foods can use that have the healthy claim approved for it, and that'll make it easier for people to identify healthy foods."
Jason	For the Mayo Clinic News Network, I'm Jason Howland.