

Health Claims – Fruits and Vegetables and Cancer

Model claim:

Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or vitamin C) may reduce the risk of some cancers, a disease associated with many factors. Broccoli is high in vitamins A and C, and it is a good source of dietary fiber.

Effective Dates

- May 8, 1994
 - Mandatory Nutrition Labeling
 - Nutrient Content Claims
 - Ingredient and Juice Labeling
- May 8, 1993
 - Health Claims
 - Percent Juice Labeling
 - Ingredient Labeling of Standardized Foods and Certified Colors
- February 14, 1994
 - Metric Labeling