

Table 1

Criteria for positive Front-of-package labeling (FOPL) for the different food groups.

Dairy products	Liquid milk	According to food standards	
	Fermented milk products	No additives except raw materials	Total fat ≤5%
	Cheeses	No additives except salt and spices ²	Total fat ≤5 g Sodium ≤200 mg
Soy products	Tofu	No additives except salt, spices and gelling agents, as allowed by food standards	Sodium ≤200 mg
	Soy Drink	Soybeans, water, salt	Sodium ≤50 mg
Vegetable oils	Avocado oil	No additives except tocopherols and ascorbic acid	
	Almond oil		
	Olive oil		
	Safflower oil		
	Sunflower oil		
Seeds, Nuts, Almonds	Raw or roasted/flour/spreads	No additives	
Grains and pseudo-grains	Whole grains ³ in any kind of preparation and packaging (e.g., roasted, cooked, baked, cut, steamed, frozen, vacuum-packed, tinned), not fried	No additives except salt and spices ²	Sodium ≤200 mg
	Flour from whole grains ground from the entire kernel		
	Puffed rice/crackers 100% whole grains	No additives except salt and spices	Sodium ≤200 mg
	Whole pasta according to food standards	No additives	
Legumes	Legumes whole kernel, in any kind of preparation and packaging (e.g., roasted, cooked, baked, cut, steamed, frozen, sprouted, vacuum-packed tinned), not fried	No additives except salt and spices	Sodium ≤200 mg
	Legume flour (100%)	No additives	
	Legume spreads (100%)	No additives except salt, spices, tahini, olive oil, lemon	Sodium ≤200 mg Total fat <7%
Tahini from whole sesame	Raw (not diluted)	No additives	
	Salad	No additives except salt, spices	Sodium ≤200 mg
Eggs	Fresh, unpeeled		
Fish	Fresh, chilled or frozen (raw), whole or parts	No additives	
	Baked, roasted or spiced	No additives except spices, salt	Sodium ≤200 mg
	Canned	No additives except spices, oils from the list above, salt, water	Sodium ≤200 mg
Poultry	Fresh, chilled or frozen (raw), whole or parts	No additives	Sodium ≤300 mg
	Baked, roasted or spiced	No additives except spices, salt	Sodium ≤200 mg
Fruits	All kinds of preparation and packaging (e.g., fresh, frozen, cooked, pureed, pickled, roasted, baked, vacuum-packed, tinned). Not jams, confitures, not fried, no juice, not powder, not dried/dry except reconstituted from freeze-drying	No additives	
Vegetables	All kind of preparation and packaging (e.g., fresh, frozen, cooked, pureed, pickled, roasted, baked, vacuum-packed, tinned), not fried	No additives except spices, salt	Sodium ≤ 200 mg
Tea	Tea and herbal infusion according to food standards	No additives	

¹ Additives: Any additives including food additives as defined by Israeli law except water for plant-based foods. ² Spice (or herb): As defined in Standard 1359: Mixed spices, powders, and other mixes for adding flavor to food (103.1). A plant or its parts (such as roots, bulbs, shoots, leaves, seeds) whole or cut up or ground, which are added to food to give taste or smell. These are not flavoring powders, spice mixes, (103.2), powders, or mixes that contain spice extracts. Spices/herbs in the cheese category should meet the definition of spices/herbs in this document and include garlic, onion, dill, parsley. ³ Whole grains: Containing

the entire kernel, ground, cracked, or flaked with its main anatomical parts, endosperm, germ, and bran, being in the same relative amounts as found in the entire caryopsis. The term "whole grain" also includes flour from the whole grain (Israel Standard 1241, paragraph 1.3.4) and pseudo-grains as defined by the American Association for Clinical Chemistry (AACC) and the Food and Drug Administration (FDA), e.g., quinoa, buckwheat, and teff.