



This Concise Clinical Guidance (CCG) provides practical direction for incorporating front-of-package (FOP) nutrition labeling into cardiovascular risk assessment and counseling, helping clinicians translate dietary guidance into actionable, time-efficient recommendations during routine care.

1 Treat diet quality as a core cardiovascular risk factor.

Assess and document dietary risk alongside blood pressure, lipids, and glycemia, and address nutrition explicitly as part of routine cardiovascular risk management.

2 Use FOP nutrition labels to reinforce counseling between visits.

Incorporate FOP concepts into patient discussions to help translate dietary recommendations into real-world food choices without extending visit length.

3 Anchor nutrition counseling to nutrients most strongly linked to cardiovascular disease.

Focus patient education on limiting saturated fat, sodium, and added sugars to streamline counseling and align with guideline-based prevention.

4 Pair nutrient limits with practical, positive substitutions.

Encourage replacing restricted nutrients with fiber-rich foods, unsaturated fats, fruits, vegetables, whole grains, and established dietary patterns (e.g., DASH, Mediterranean) to support sustainable change.

5 Prioritize informational label frameworks when educating patients.

When discussing labels, emphasize symbol- or color-based cues rather than numeric information alone to improve understanding and usability.

6 Incorporate brief “label literacy” education into routine visits.

Use simple, structured explanations to help patients apply FOP information to their own cardiovascular risk profile and food-shopping decisions.

7 Use FOP concepts to support patients with limited time or resources.

Leverage standardized, easy-to-interpret labels to simplify decision-making for patients facing health literacy or socioeconomic barriers.

8 Integrate nutrition counseling into team-based care.

Reinforce FOP-aligned messaging across clinicians, nurses, dietitians, and allied health professionals to improve consistency and follow-through.

9 Document nutrition counseling using FOP-aligned language.

Align charting and care plans with recommended nutrient limits and preferred substitutions to support continuity of care and value-based prevention efforts.

Scan this QR code to access the full CCG for detailed figures and clinical nuance.

