

Healthy
Eating
Research



NOPREN
Nutrition & Obesity
POLICY RESEARCH & EVALUATION NETWORK

Summer Speaker Series for Students 2026

(The contents and findings of this presentation are those of the speakers and do not represent the official views of the Centers for Disease Control & Prevention or Department of Health and Human Services.)

Getting Started!

- Update your name on Zoom, if needed
 - *Right click on your Zoom box, click “rename”*
- Type your name and institution into the chat box!
 - *Question: Which best describes you?*
 - *Ex. Undergraduate Student, Dietetic Intern, Masters Student, Doctoral Student, Post Doc, Public Health Practitioner, Researcher/Professor, Other*
- Remember to keep yourself on mute.
- Type your questions into the chat box.

NOPREN HER Summer Series for Students

Schedule and Topics

- June 10: Policy, Systems, and Environmental (PSE) Strategies to Support Young Children's Diet and Health
- June 24: Interventions to Improve Food and Nutrition Security
- July 8: Federal, State, and Local Nutrition Policy Updates
- July 22: Food Policies in Schools
- August 5: Career Paths in Public Health Nutrition
- August 12: Student Presentations

The series will take place on
Wednesdays **from**
4:00 - 5:00 pm EST

For more information or to register:

<https://nopren.ucsf.edu/content/her-nopren-summer-speaker-series-for-students-2026>

Student Presentations!

The HER/ NOPREN Summer Speaker Series will end with Student Presentations and Poster Sessions on August 12.

Applications are due **July 17th**. To apply, scan the QR code below:



Selected students will give a presentation on a nutrition-related project or research they worked on over the summer.

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Session 3: Federal, State, & Local Nutrition Policy Updates

Federal, State, & Local Nutrition Policy Updates

July 8, 2026

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Research Scientist

Department of Pediatrics

Stanford University School of Medicine



School of Medicine

Department
of Pediatrics

Presentation outline

- **Federal policy updates**
 - Front-of-package labeling
 - Sodium reduction targets
 - Food chemical regulation
 - SNAP policy
- **State and local policy updates**
 - SNAP food restriction pilots
 - Food chemical and ultra-processed food bills
 - Food policies modeled on tobacco

Key points

- MAHA has led to unprecedented policy action in red states.
- Strong central government support (technical assistance, industry engagement, threat of regulation) and monitoring are critical to the success of voluntary initiatives.
- There is often interaction between federal, state, and local policies.
 - States and cities can force federal action.
 - Federal policies can preempt state policies.
- Food companies use predictable tactics, including litigation and preemption, to prevent policy adoption and enforcement.
- Many federal, state, and local tobacco policies can be applied to food.

Federal Policy Updates

Make America Healthy Again (MAHA) agenda

Nutrition labeling

Generally
recognized as
safe reform

Limits on
petroleum-based
dyes in foods

Post-market
review of
chemical
additives in
foods

Improvements to
SNAP nutrition

Dietary
Guidelines for
Americans

Global Food
Research Program
UNC-Chapel Hill



Front of package labeling



Poll: Which front of package label would most encourage you to make nutritious food choices?

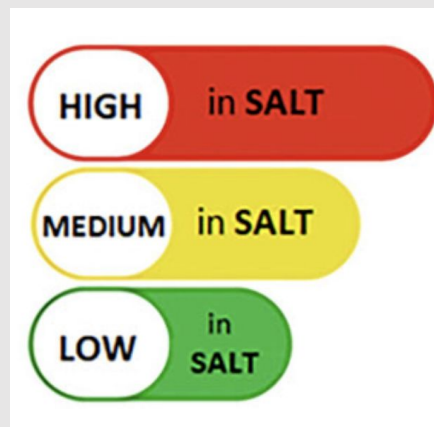
Label 1



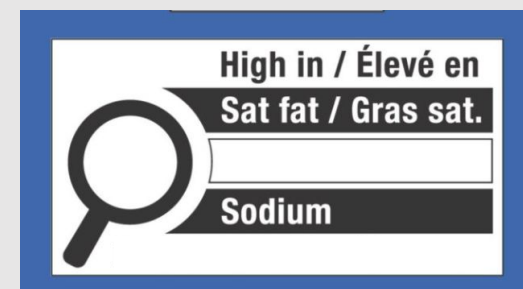
Label 2

Nutrition Info		
Per serving 1 container		% Daily Value
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low

Label 3



Label 4

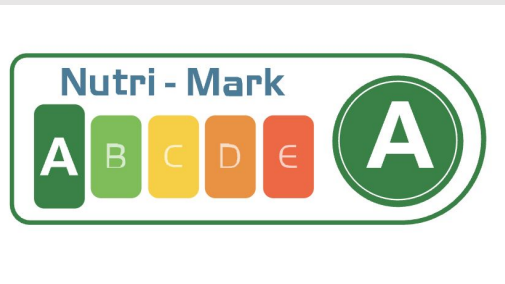


Front of package labeling



Poll: Which front of package label would most encourage you to make nutritious food choices?

Label 1



Abu Dhabi

(qcc.gov.ae/)

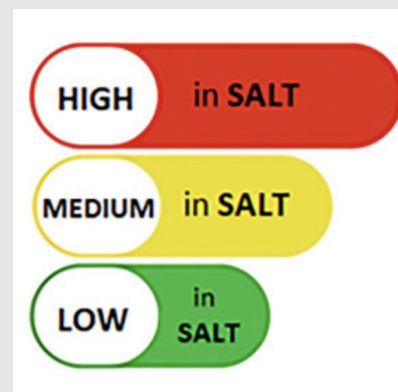
Label 2

Nutrition Info		
Per serving 1 container		% Daily Value
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low

USA (proposed)

(fda.gov)

Label 3



Ecuador

(Freire et al., 2016, *Public Health Nutr*)

Label 4



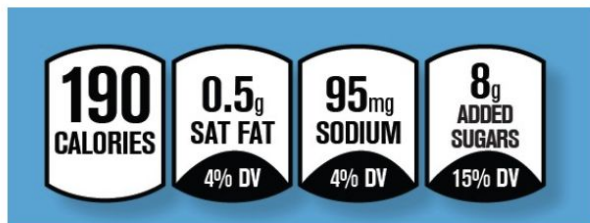
Canada

(canada.ca)

Front of package labeling

- **January 2025:** FDA proposed rule and opened public comment through May 2025
- **May 2025:** Public comment period extended to July 2025
- **2026:** FDA plans to review public comments for final recommendations

Industry-preferred: Facts Up Front (voluntary)



(consumerbrandsassociation.org)

Mandatory label proposed by FDA

% daily values on front of box for saturated fat, sodium, and added sugar
Low: $\leq 5\%$, Medium: 6-19%, High: $\geq 20\%$

Nutrition Info		
Per serving	% Daily	
1 container	Value	
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low
FDA.gov		

Nutrition Info		
Per serving	% Daily	
5 cookies	Value	
Saturated Fat	25%	High
Sodium	5%	Low
Added Sugars	10%	Med
FDA.gov		

160
CALORIES

Optional label proposed by FDA

Same as mandatory label + companies can voluntarily add information on calories per serving

Nutrition Info		
Per serving	% Daily	
5 cookies	Value	
Saturated Fat	25%	High
Sodium	5%	Low
Added Sugars	10%	Med
FDA.gov		

160 Calories

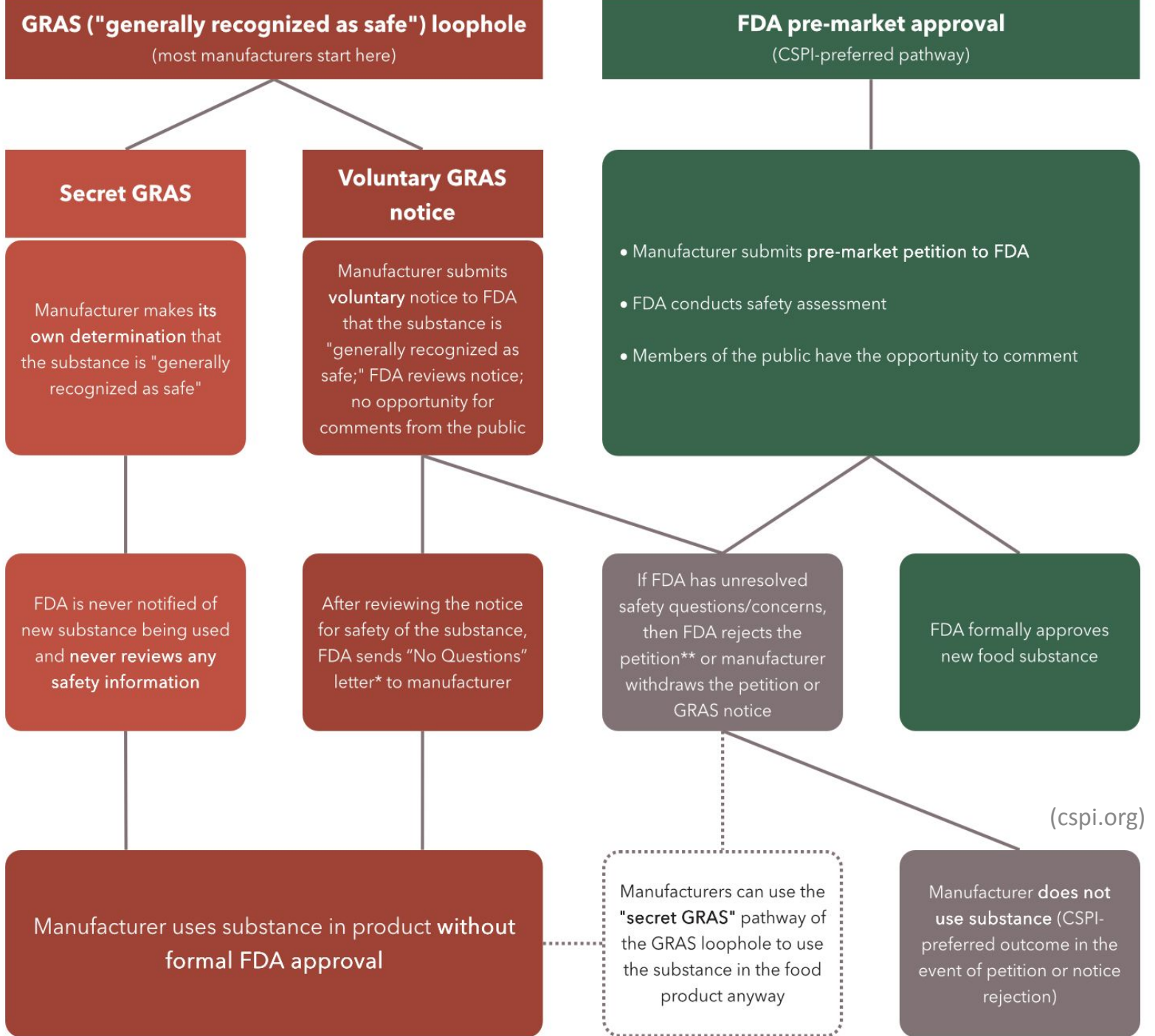


Food chemical regulation

- **Pre-market review** → Determine if the substance is safe before food product goes to market.
 - Petitions for food additives
 - Petitions for color additives / dyes
 - Generally recognized as safe
- **Post-market review** → Monitor safety after the substance is already in the food supply.
 - Assessments initiated by the FDA

GRAS “loophole”

- **March 2025:** Directed FDA to explore eliminating GRAS loophole
- **December 2025:** Sent proposed rule to Office of Management and Budget for review





Poll: How many “secret” GRAS additives are in the U.S. food supply?

- 50
- 250
- 1,000
- 5,000
- None of the above

Post-market review

FDA NEWS RELEASE

FDA Advances Robust, Transparent Post-Market Chemical Review Program to Keep Food Supply Safe and Healthy

For Immediate Release: May 15, 2025

(FDA.gov)

FDA NEWS RELEASE

FDA Finalizes Food Chemical Safety Post-Market Assessment Program, Launches Reassessment of BHT, ADA

For Immediate Release: May 12, 2026

(FDA.gov)

- Establish guidance for how to prioritize review of additives already in the food supply
- Finalize procedures for post-market review process
- Update the list of food additives to be reviewed
 - Priority review of butylated hydroxyanisole, butylated hydroxytoluene, azodicarbonamide, phthalates, propylparaben, and titanium dioxide

Food dyes

HHS, FDA TO PHASE OUT PETROLEUM-BASED SYNTHETIC DYES IN NATION'S FOOD SUPPLY

(HHS.gov)

Action announced by FDA in April 2025

Remove authorization of Citrus Red 2 and Orange B

Partner with industry to remove Green 3, Red 40, Yellow 5, Yellow 6, Blue 1, and Blue 2

Encourage manufacturers to expedite removal of Red 3

Authorize four natural color food additives

Tracking Food Industry Pledges to Remove Petroleum Based Food Dyes



(fda.gov)

Industry pledge trackers:

FDA:

<https://www.fda.gov/food/color-additives-information-consumers/tracking-food-industry-pledges-remove-petroleum-based-food-dyes>

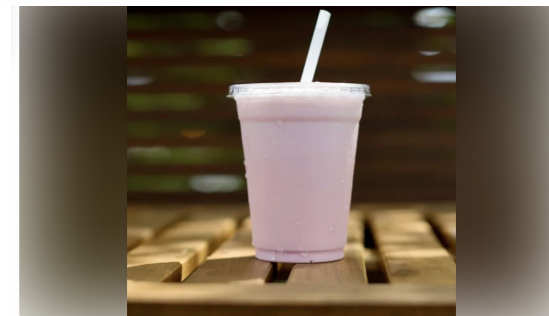
CSPI:

<https://www.cspi.org/page/synthetic-dyes-corporate-commitment-tracker>

Progress on food dyes

- **27 companies have made pledges:**
 - 7 have completed actions
 - 20 have actions in progress
- **Natural food additives approved by FDA:**
 - **May 2025:** Galdieria extract blue, calcium phosphate (white), and butterfly pea flower extract (blue, purple, green)
 - **July 2025:** Gardenia blue

In-N-Out Burger is Removing Artificial Coloring From Certain Items



In-N-Out Burger is Removing Artificial Coloring From Certain Items

Nestle to cut artificial colourings from all products by end-2026

By Richa Naidu

June 30, 2026 10:00 AM EDT · Updated June 30, 2026



The company has been at the forefront of food safety, quality, and sustainability for over 160 years.

(nestle.com)

(yahoo.com)

Sodium reduction targets

- Reducing sodium intake is a highly cost-effective strategy for improving population health
 - Product reformulation
 - Sodium targets for meals
- Example: **United Kingdom**
- Actions in the U.S.
 - **2010:** Institute of Medicine advised FDA to adopt sodium reduction targets
 - **2016:** FDA drafted voluntary sodium reduction targets



(us.britishessentials.com)

U.K.

450 mg per 100 grams



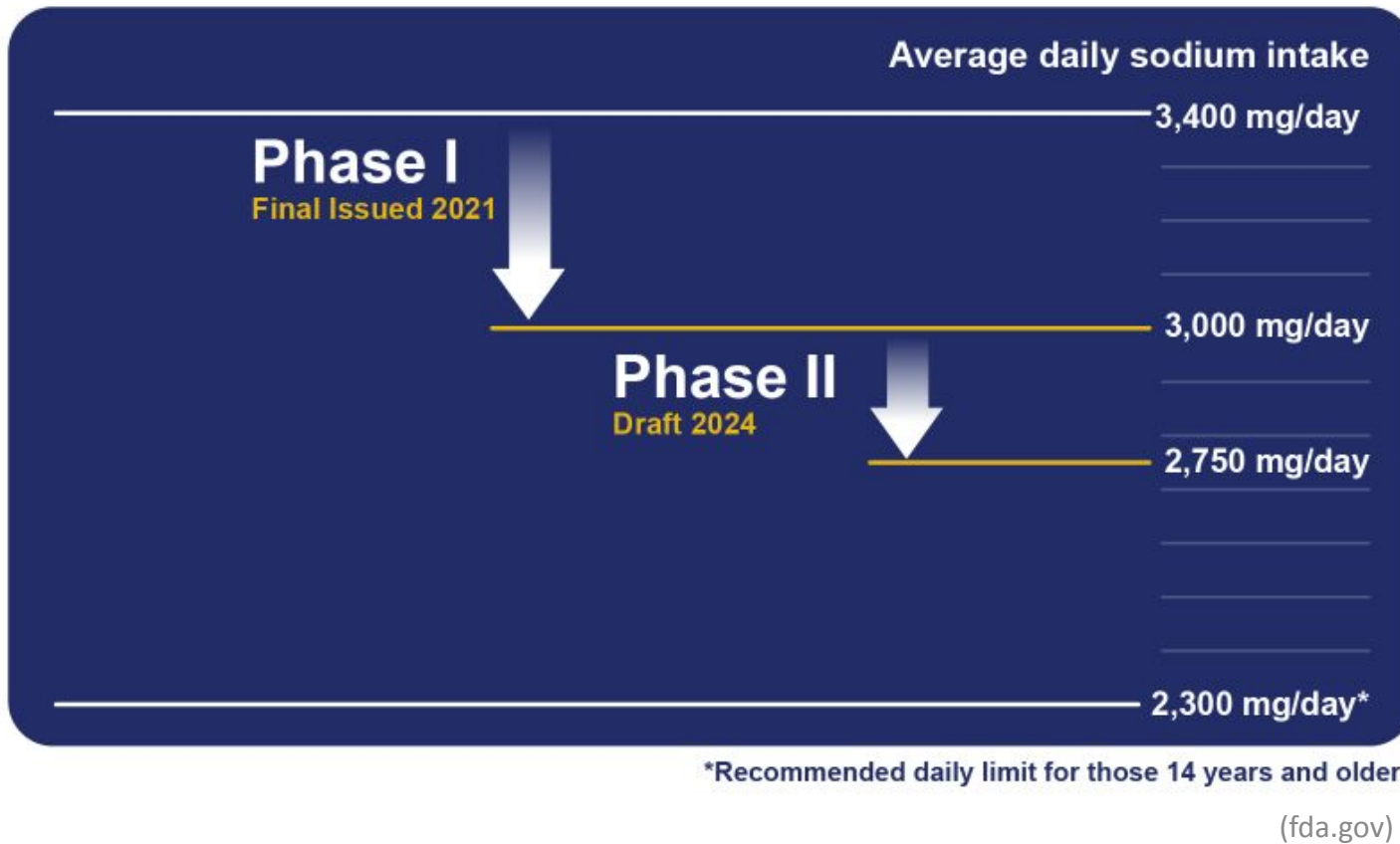
(dollargeneral.com)

U.S.

729 mg per 100 grams

Sodium reduction targets

Voluntary reduction for food manufacturers and restaurants

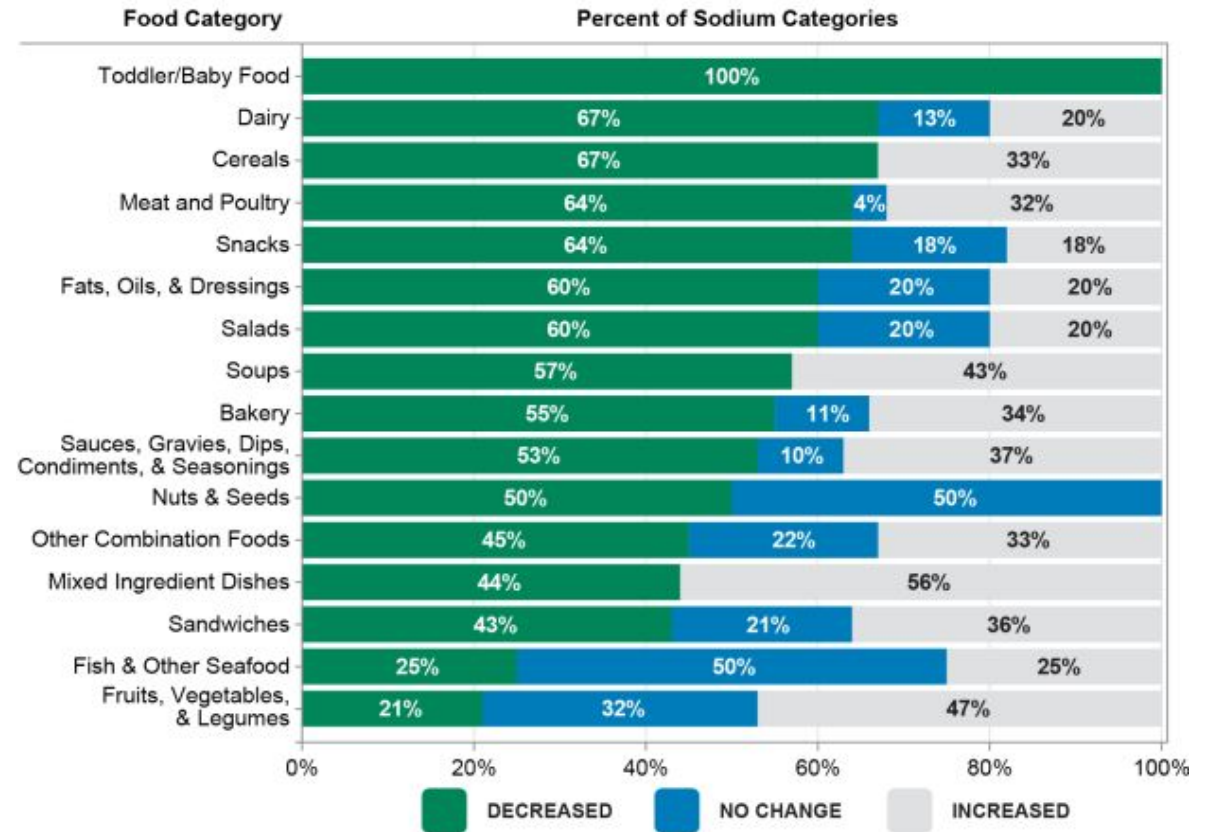


- **Phase 1 (2021)**
 - FDA finalized 2.5-year target means and upper bounds
- **Phase 2 (2024)**
 - FDA drafted 3-year target means and upper bounds

Implementation concerns with sodium reduction targets

- Voluntary initiative
- Delays in finalizing Phase 2 targets
- Lack of rigorous monitoring

Percent of sodium categories decreased, increased, or no change by food category (2010 to 2022)



(fda.gov)

SNAP policy

H.R. 1 (“One Big Beautiful Bill Act”)

Policy change	Effective date
Changes to work requirements and eligibility	July 2025
Elimination of SNAP-Ed program	October 2025
States must take on 75% of administrative costs	October 2026
States must pay for share of SNAP benefits based on payment error rate	October 2027
Thrifty Food Plan reevaluation can only adjust for inflation	Cannot be reevaluated before October 2027

Final rule: Updated staple food stocking standards

Standard	New requirement
Minimum staple food varieties	7 distinct varieties per 4 food categories (dairy, vegetables or fruits, grains, protein) + perishable varieties in ≥3 food categories Defined new distinct varieties
Accessory foods	Butter, jerky, cheese dip, snack bars, and fruit spreads no longer qualify as staple foods

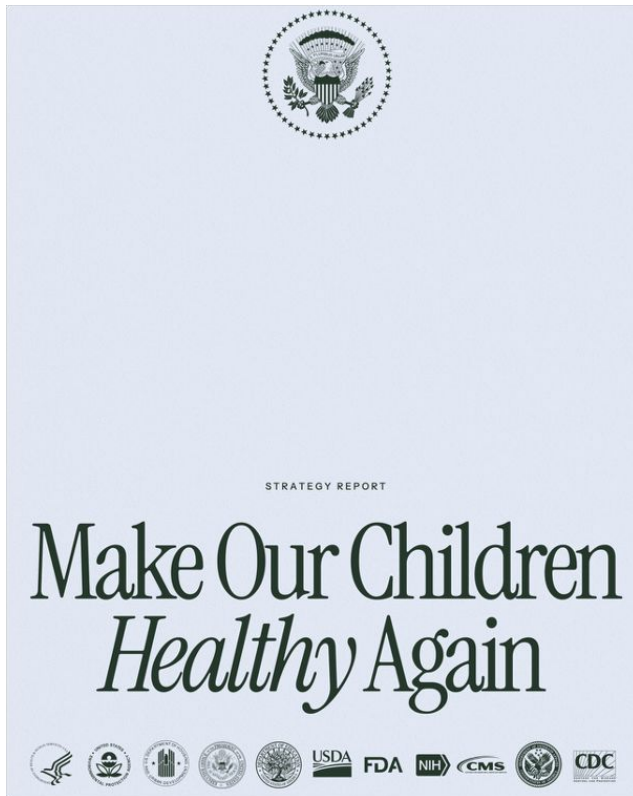
Effective May 8, 2026
Implementation deadline of November 4, 2026

State and Local Policy Updates

State SNAP Food Restriction Pilots

- USDA has authority to grant waivers for state pilot projects.
 - Work requirements
 - Administrative waivers (e.g., telephonic signatures)
 - Healthy food incentives
- Under prior administrations, many states requested waivers to restrict certain foods or beverages from purchase with SNAP and were denied.
 - In 2011, New York City requested to restrict sugary drinks.

SNAP Restrictions are a MAHA Priority



“USDA will provide states with technical assistance in SNAP waiver development and implementation to restrict the purchase of junk food and reorient the program towards better nutrition.”

SNAP Restrictions are a MAHA Priority



Rural Health Transformation Program Incentive

- \$50 billion federal grant to improve rural healthcare delivery
- \$25 billion distributed equally across states with approved applications (2026-2030)
- \$25 billion distributed based on a scoring system. States can earn points towards their score by “committing to establish” certain policies, including SNAP food restrictions, by the end of 2027.
 - Most points awarded for enacted policies
 - Points can also be earned for introduced legislation
 - Applications due by 11/5/2025

Increase in State Bills Mandating Waiver Requests

Figure: Number of new bills introduced, by year

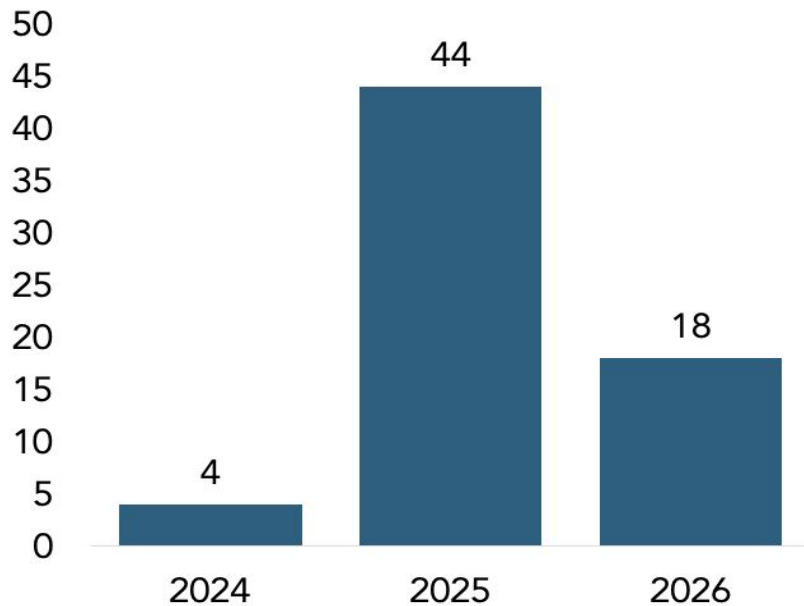
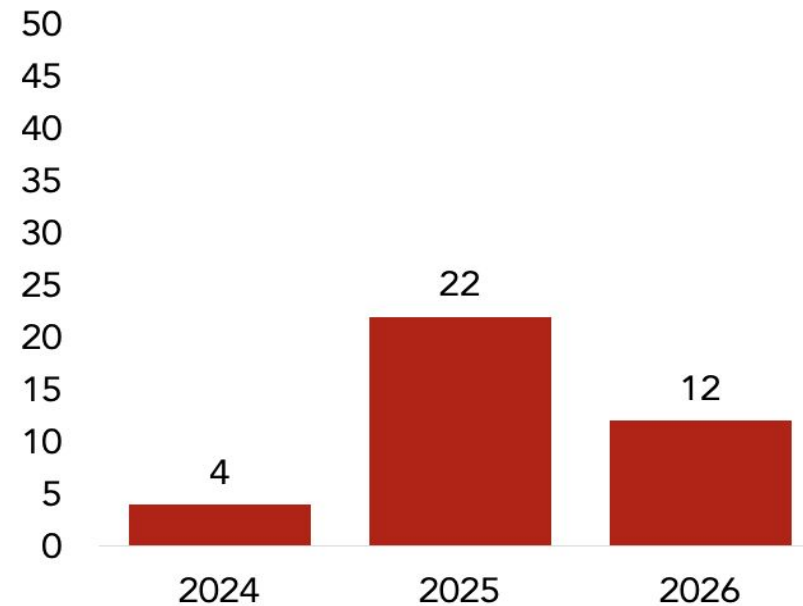


Figure: Number of states introducing new bills, by year

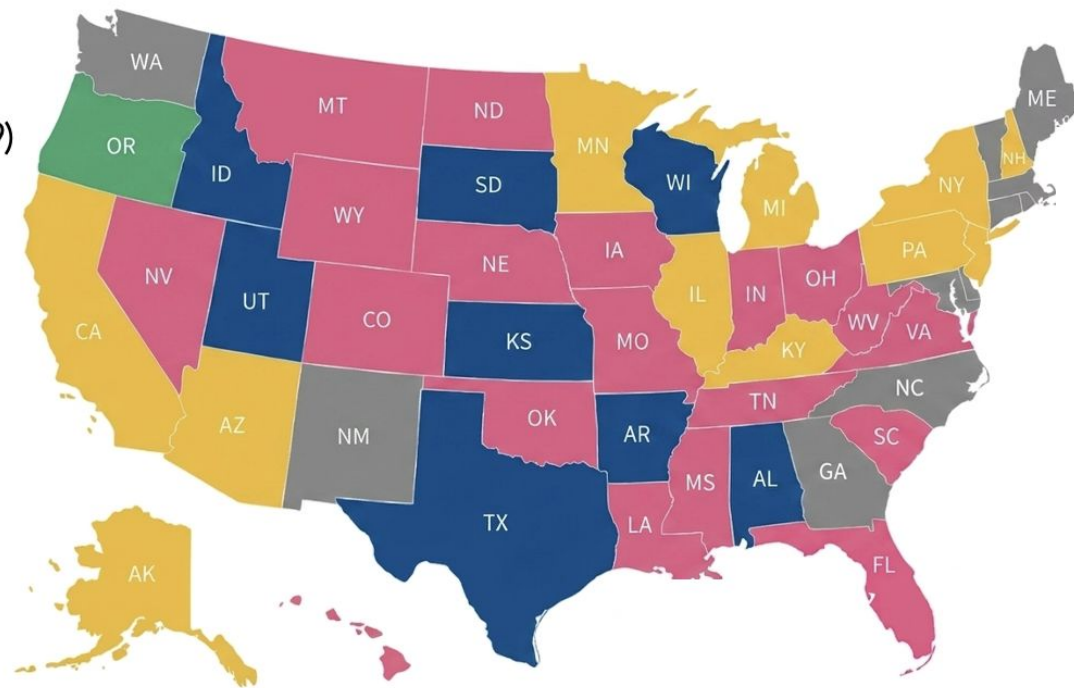


As of April 13, 2026

Pathways to Waiver Request

Fig
by

- Enacted legislation (n=8)
- Submitted request without a law (n=19)
- Active bill (n=11)
- Inactive bill (n=1)
- No request (n=11)

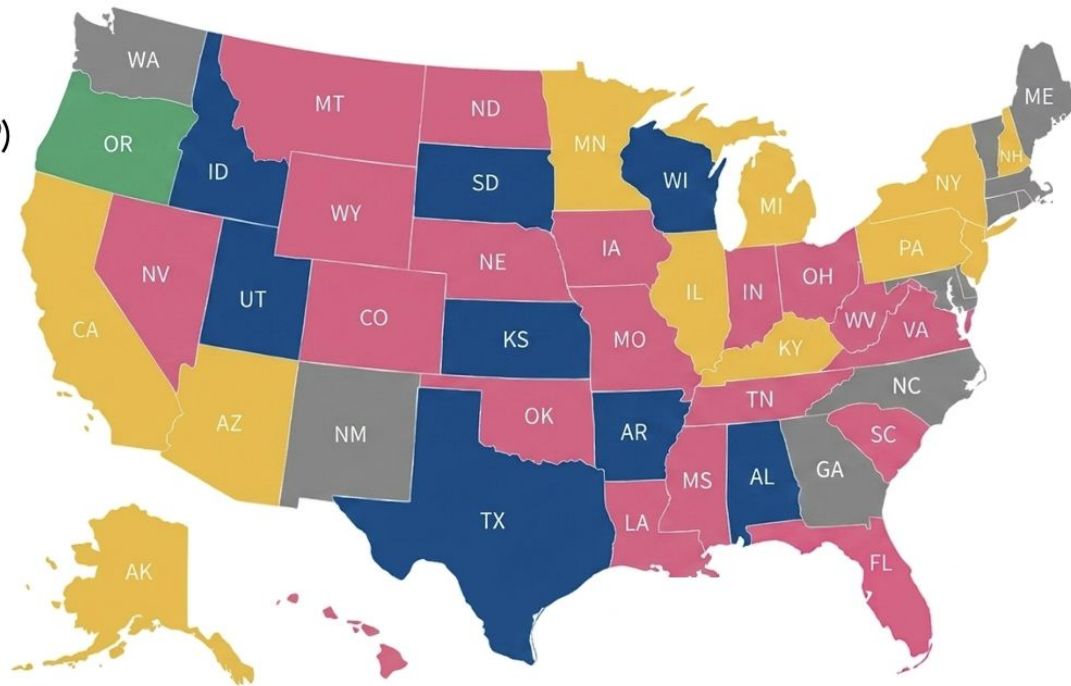


As of April 16, 2026

Pathways to Waiver Request

Fig
by

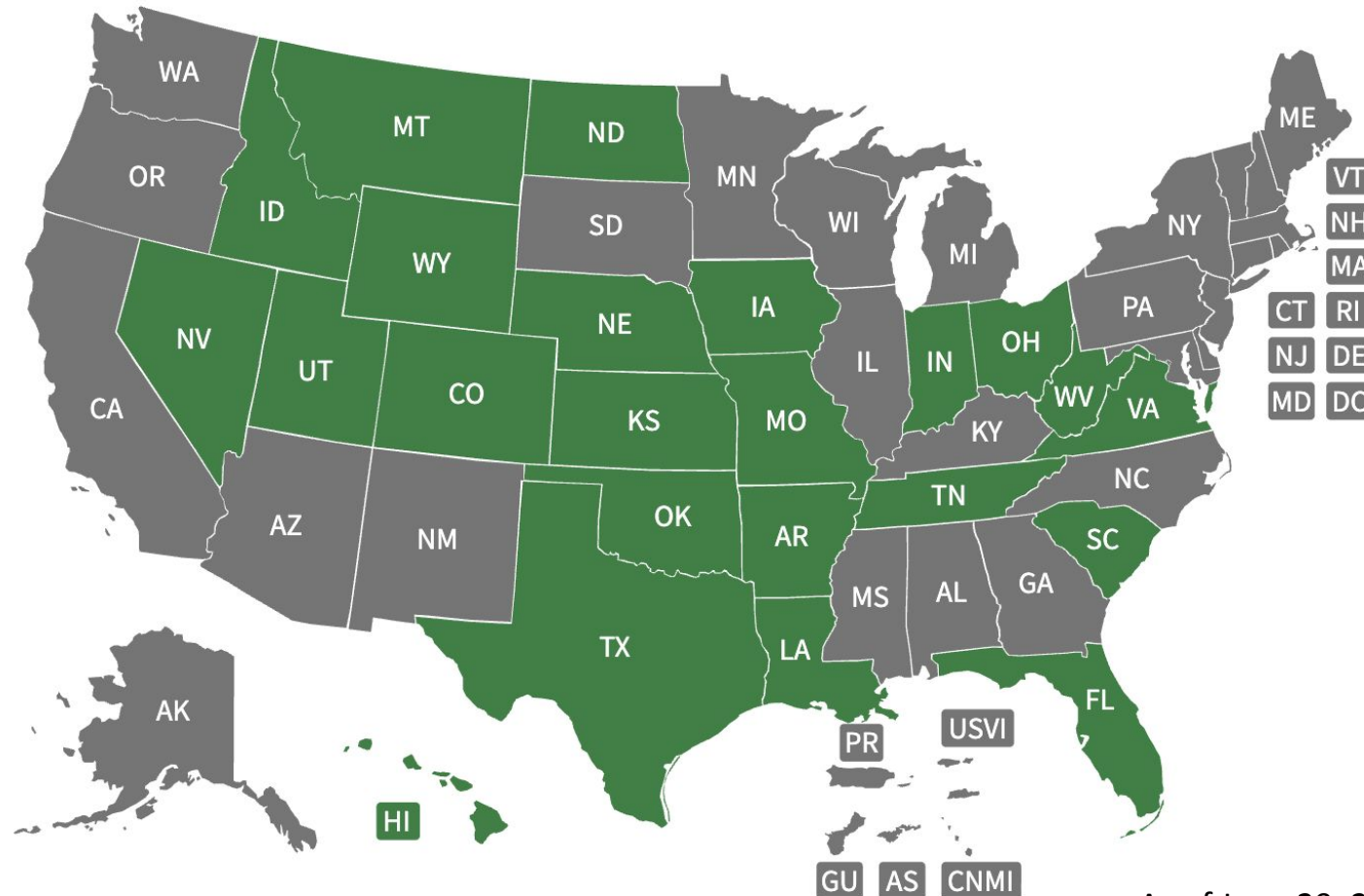
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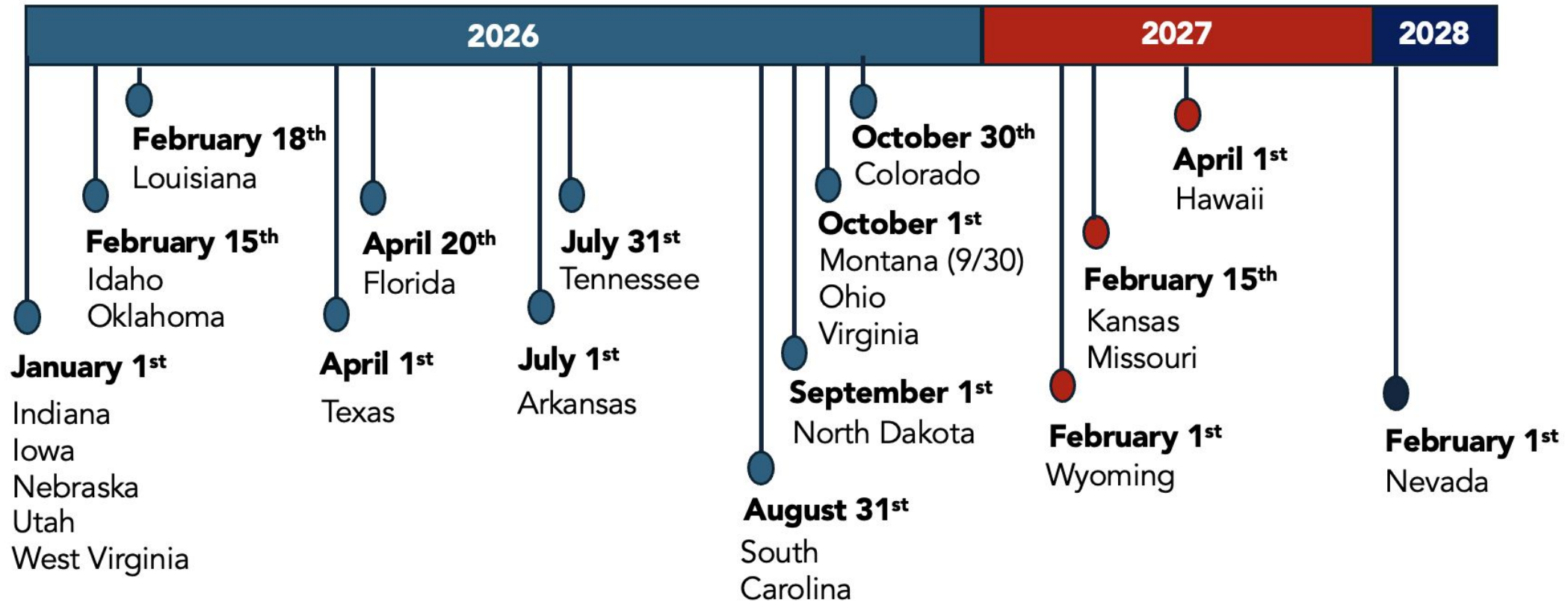
In the chat: How many requests have been approved?

USDA Has Approved 23 State Waiver Requests

● Waiver Approved

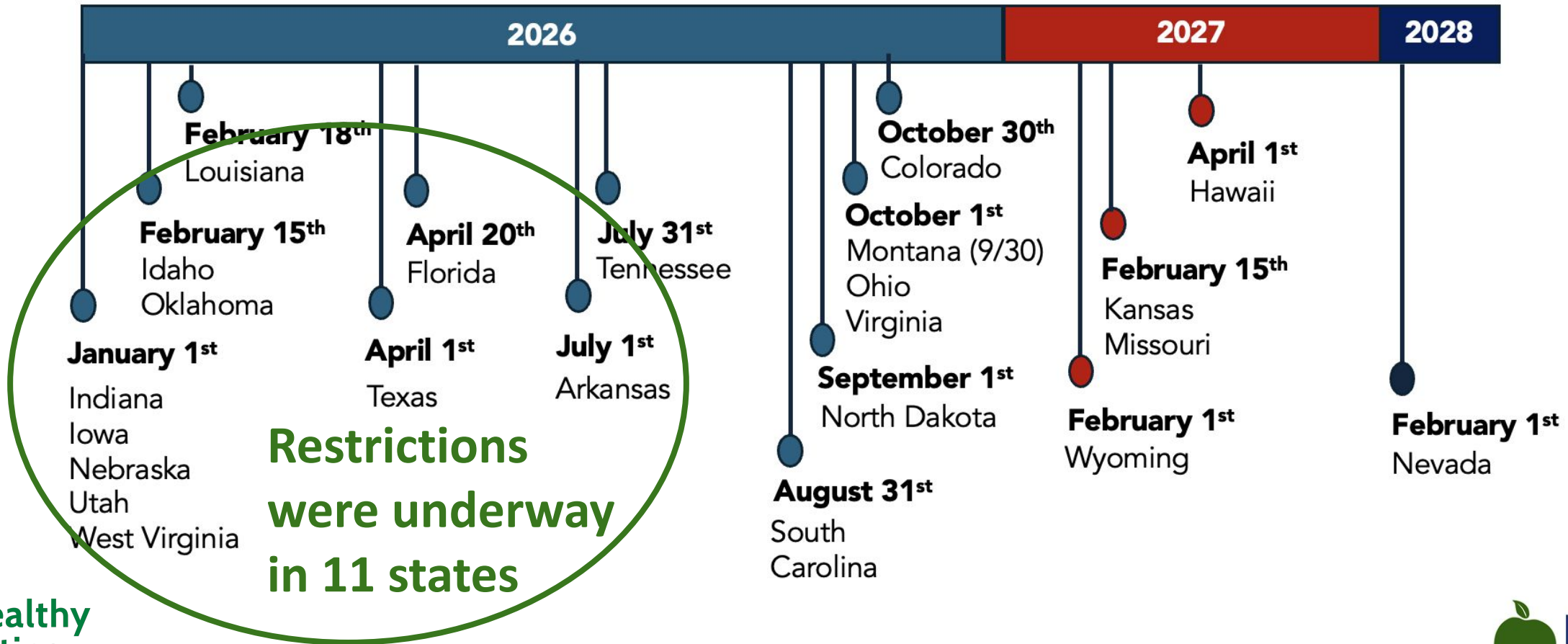


Implementation Timeline



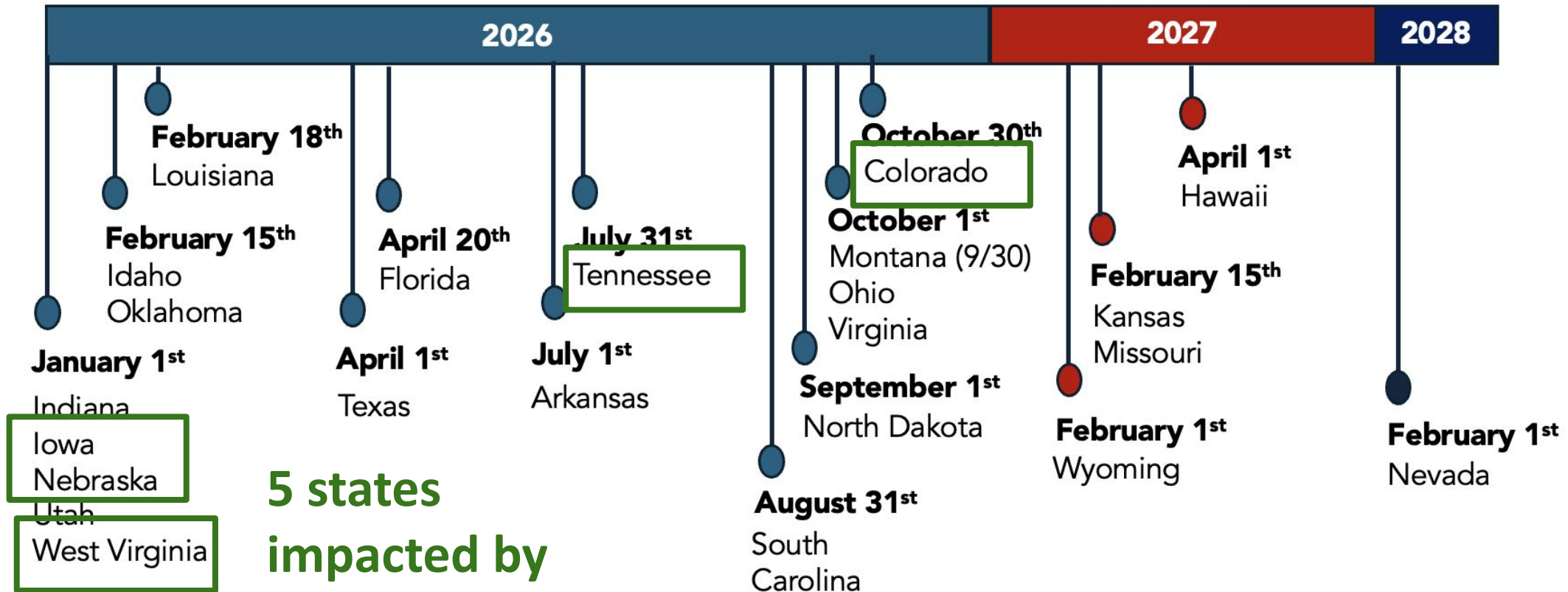
***All pilots are approved for 2 years with the opportunity to extend to 5 years.**

Implementation Timeline



***All pilots are approved for 2 years with the opportunity to extend to 5 years.**

Implementation Timeline



Litigation (Aragon v. Rollins)

- 6/22/26: Federal district court issued ruling that USDA exceeded its legal authority in approving SNAP food restriction waiver requests.
 - Invalidates approvals in five states: Colorado, Iowa, Nebraska, Tennessee, and West Virginia
- Decision primarily based on USDA's failure to follow proper administrative procedures.
 - Waivers were approved under wrong provision of the statute.
 - USDA failed to give 30-day notice.

Federal Law Could Make Pilots Permanent

- **Healthy SNAP Act of 2025 (H.R. 479 / S. 561)**
 - Restricts soft drinks, candy, ice cream, and prepared desserts from purchase with SNAP
 - Gives USDA authority to redefine 'food' eligible for purchase with SNAP based on nutrition research
- **Nutritious SNAP Act of 2025 (S. 1100)**
 - Restricts sweetened beverages and 'Accessory Foods' from purchase with SNAP
 - Allows state agencies to restrict other foods on request

Impact on Diet Quality?

- Best evidence is from two randomized controlled trials of restrictions and incentives.

Figure: Number of new bills introduced by year

- Restrictions were associated with reduced purchases of restricted items.
- Mixed results for dietary intake.



What are other outcomes we might want to assess?

State Food Chemical Bills

1. Prohibitions on the manufacturing, distribution, and sale of food products containing certain food additives and colors
 - Enacted bills in California, Arkansas, and West Virginia

Figure: Number of new bills introduced,
by year

State Food Chemical Bills

1. Prohibitions on the manufacturing, distribution, and sale of food products containing certain food additives and colors
 - Enacted bills in California, Arkansas, and West Virginia
2. Restrictions on foods containing ingredients of concern in schools
 - Enacted bills in California, Texas, Arizona, and others

State Food Chemical Bills

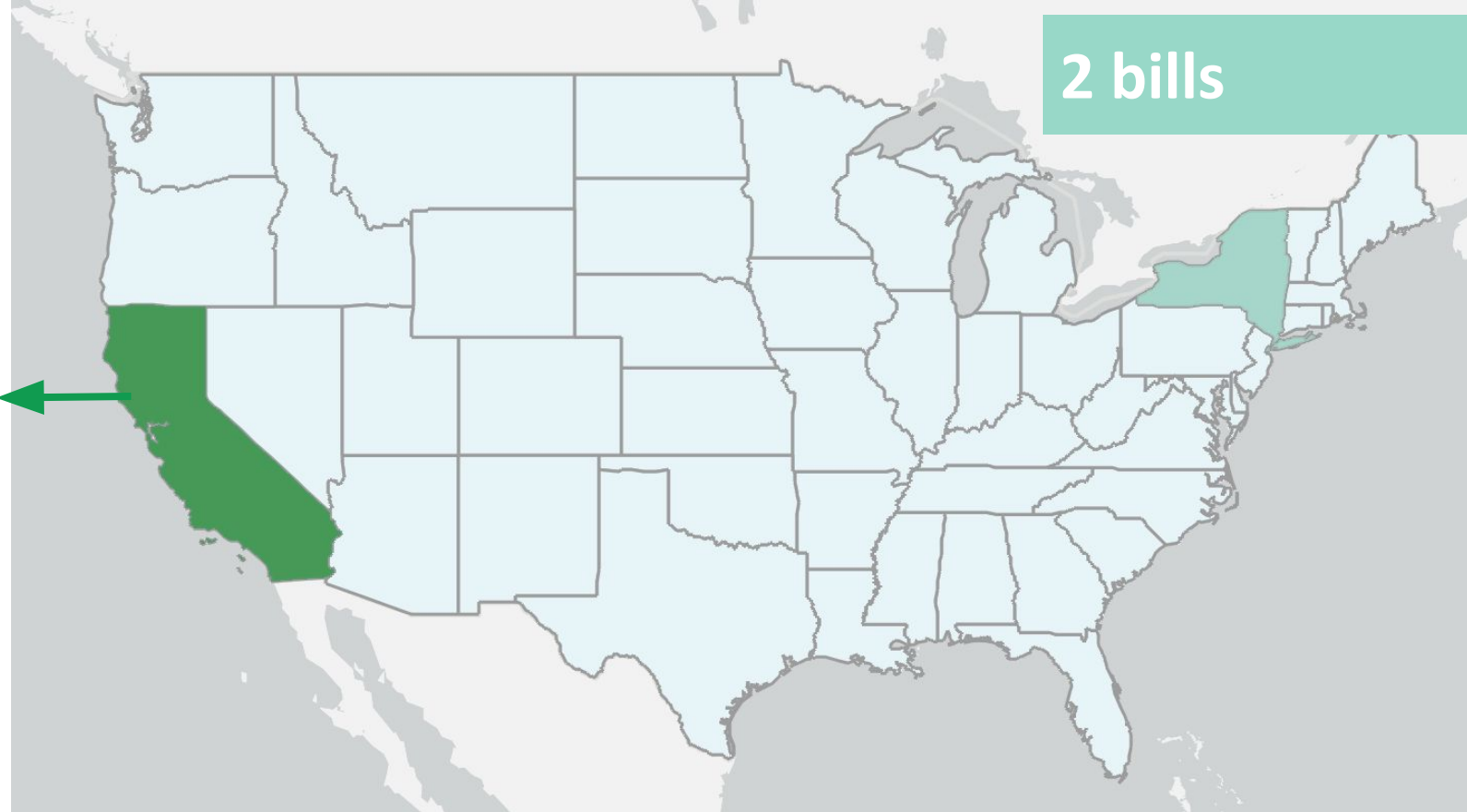
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2. Restrictions on foods containing ingredients of concern in schools
 - Enacted bills in California, Texas, Arizona, and others
3. Warning labels on foods containing specific food additives and dyes.
 - Enacted bills in Louisiana and Texas

State Food Chemical Bills

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2. Restrictions on foods containing ingredients of concern in schools
 - Enacted bills in California, Texas, Arizona, and others
3. Warning labels on foods containing specific food additives and dyes.
 - Enacted bills in Louisiana and Texas
4. Mandates for reporting to the state when GRAS substances are used without notifying the FDA
 - Enacted bill in New York - awaiting Governor's signature

Increase in State Food Chemical Bills

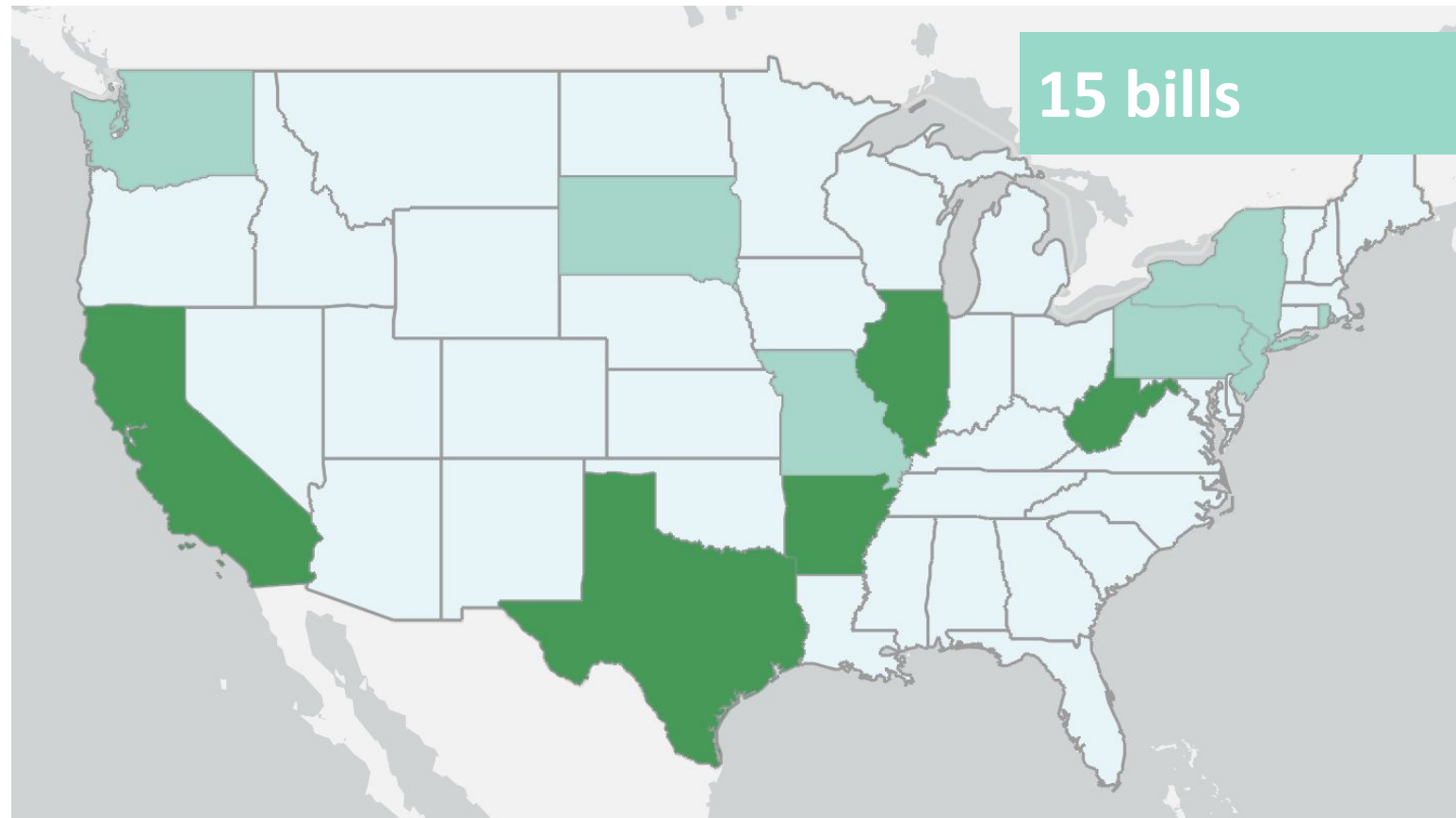
2023 - EWG's Food Chemical Policy Map



- Enacted
- Introduced

Increase in State Food Chemical Bills

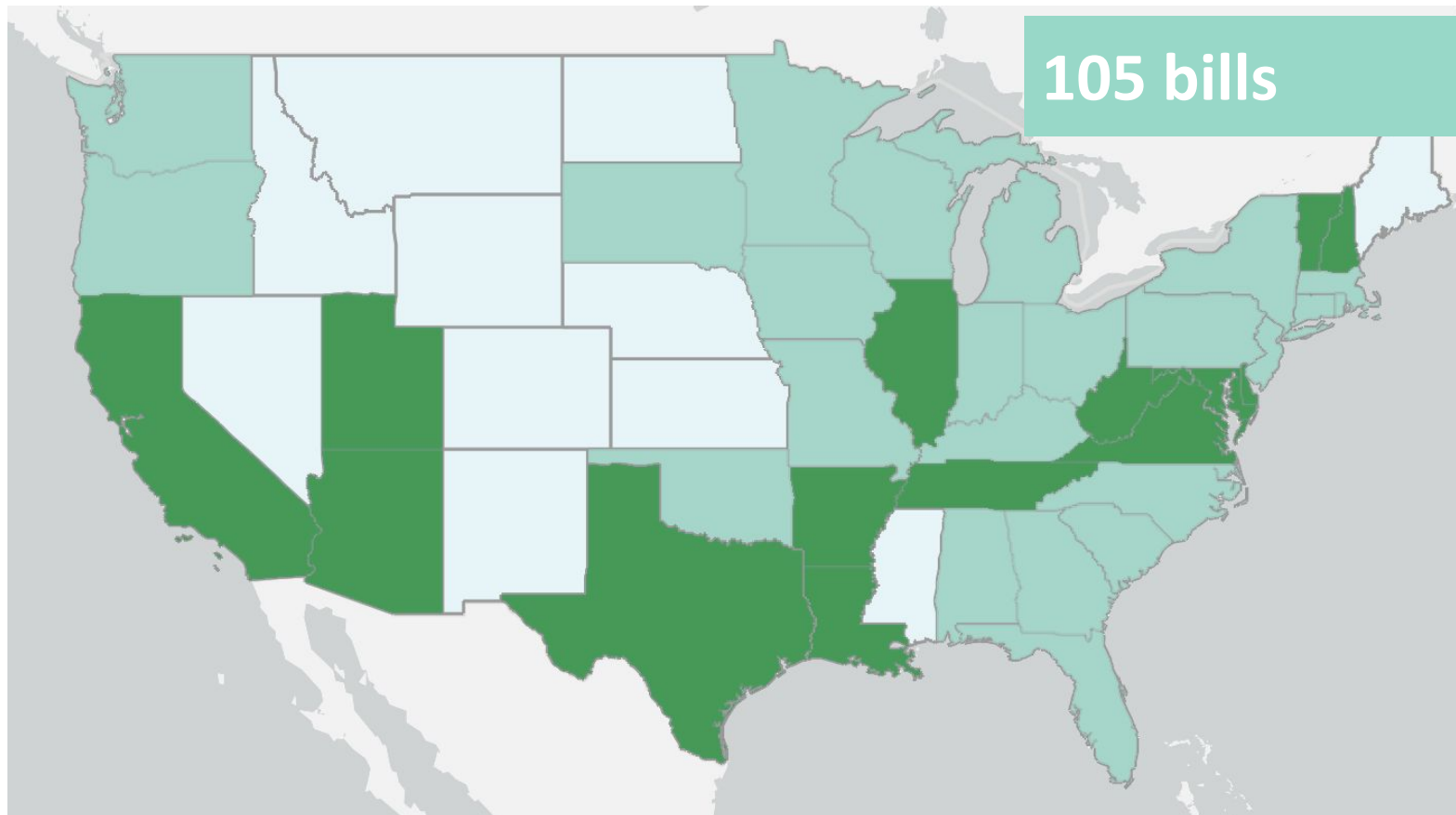
2024 - EWG's Food Chemical Policy Map



-  Enacted
-  Introduced

Increase in State Food Chemical Bills

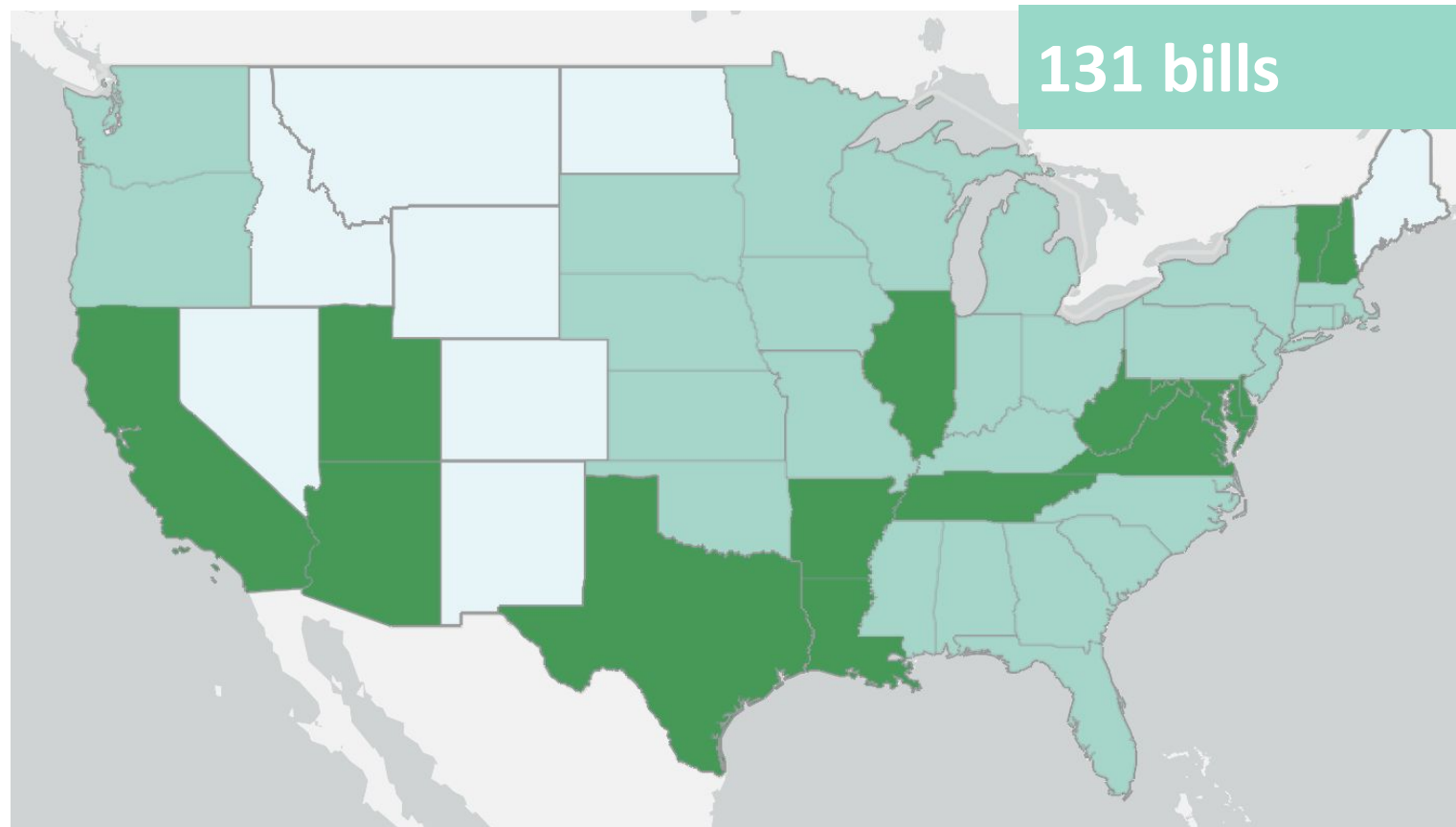
2025 - EWG's Food Chemical Policy Map



- Enacted
- Introduced

Increase in State Food Chemical Bills

2026 - EWG's Food Chemical Policy Map



- Enacted
- Introduced

State Laws Can Force Federal Action

Reminder: FDA Revokes Authorizations for Use of Brominated Vegetable Oil and FD&C Red No. 3



May 16, 2025 | [Office of Communications](#)

FDA NEWS RELEASE

HHS, FDA to Phase Out Petroleum-Based Synthetic Dyes in Nation's Food Supply

For Immediate Release: April 22, 2025

FDA NEWS RELEASE

FDA Finalizes Food Chemical Safety Post-Market Assessment Program, Launches Reassessment of BHT, ADA

For Immediate Release: May 12, 2026

DIVE BRIEF

FDA takes first step toward closing GRAS ingredient 'loophole'

The agency is proposing a requirement that companies submit data when self-affirming an additive is safe for consumption.

Published Sept. 11, 2025

Litigation: Texas Warning Label (S.B. 25)

- Requires food products containing any of 44 specified ingredients to carry a warning label.
- Texas Attorney General sued by four major food industry trade associations.
 - Violates first amendment (compelled speech is misleading)
- February 2026: District judge issued preliminary injunction halting enforcement of the label



Federal Preemption



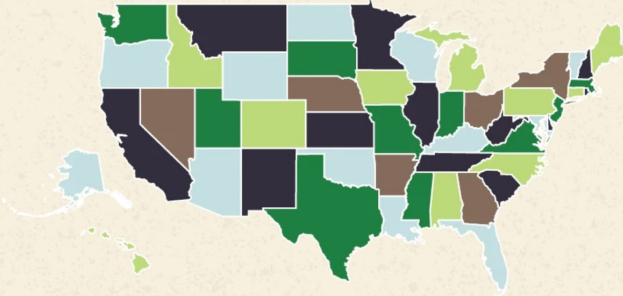
**Show of hands: Who has heard
of preemption?**

Americans for Ingredient Transparency

[About](#) [News](#) [Press Releases](#) [Policy Priorities](#) [Get Involved](#) ▼

One Standard. Nationwide Transparency.

Advocating for a uniform national standard for an informed, confident consumer that applies consistent, science-and-risk-based rules to ensure ingredient safety that benefits all Americans.



The Solution: One, Uniform, Consumer-Friendly Standard

Consumer health is a national interest and should not change according to state lines. The two key provisions in this legislation will ensure there is a uniform national standard for ingredient safety and transparency.

— The FDA Sets the Uniform Standard

The Federal Food, Drug, and Cosmetic Act should be amended to establish the U.S. Food and Drug Administration (FDA) as the sole entity setting the floor and ceiling for regulations on the marketing and sale of foods, beverages, and over-the-counter products in the United States, including safety assessments, ingredient approvals, registrations, reporting requirements, and labeling requirements.

+ Requirements Must be Based on Well-Established Scientific Principles

Other State and Local Policy Options Based On Successful Tobacco Control Policies

JAMA Health Forum™

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Viewpoint



Modeling the Make America Healthy Again's Food Policy Strategy on Tobacco

Christina A. Roberto, PhD¹; Alyssa J. Moran, ScD¹; Emily Broad Leib, JD²

» [Author Affiliations](#) | [Article Information](#)

≡ RELATED ARTICLES



How could policies that effectively reduced smoking be applied to food?

Place Warning Labels on Unhealthful Products

Tobacco



Warnings on tobacco
packaging and advertising

Place Warning Labels on Unhealthful Products

Tobacco



Warnings on tobacco packaging and advertising

Food



Warning:  indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

New York City sodium and added sugar warnings on restaurant menus

Regulate the Retail Marketing Environment

Tobacco



UK tobacco display ban

Regulate the Retail Marketing Environment

Tobacco



UK tobacco display ban

Food



Berkeley healthy checkout ordinance

Create Healthful Institutional Environments

Tobacco



Smoke-free air laws

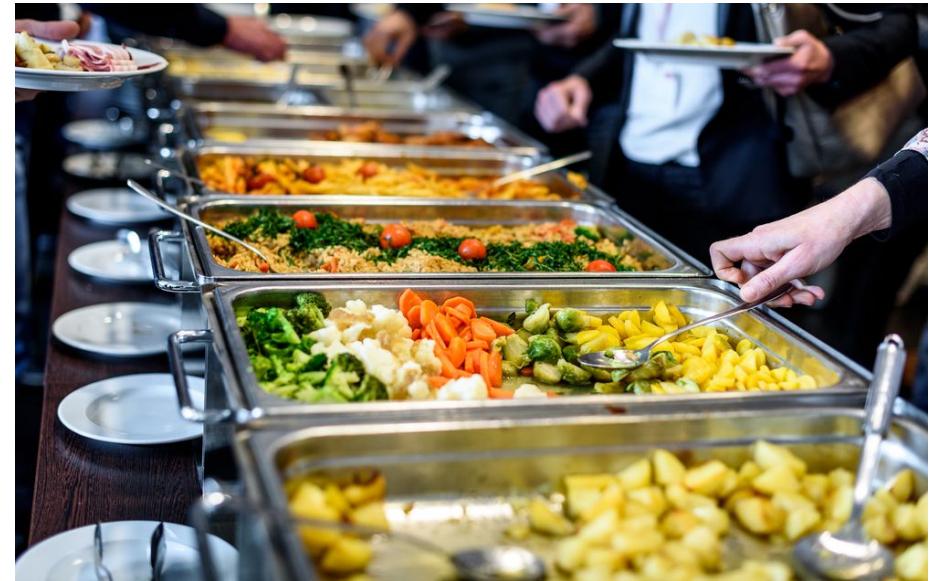
Create Healthful Institutional Environments

Tobacco



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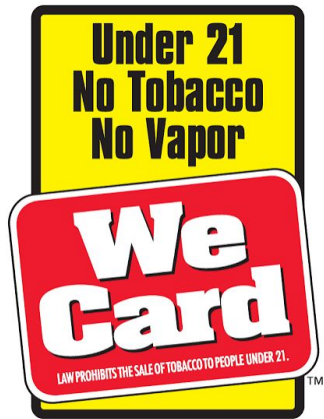
Food



Procurement and service standards

Prohibit Sales to Youth

Tobacco

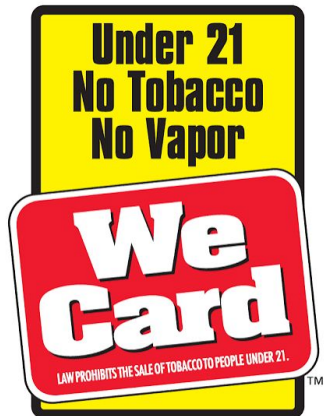


Please Have ID Ready

No sale under 21

Prohibit Sales to Youth

Tobacco



Please Have ID Ready

No sale under 21

Food



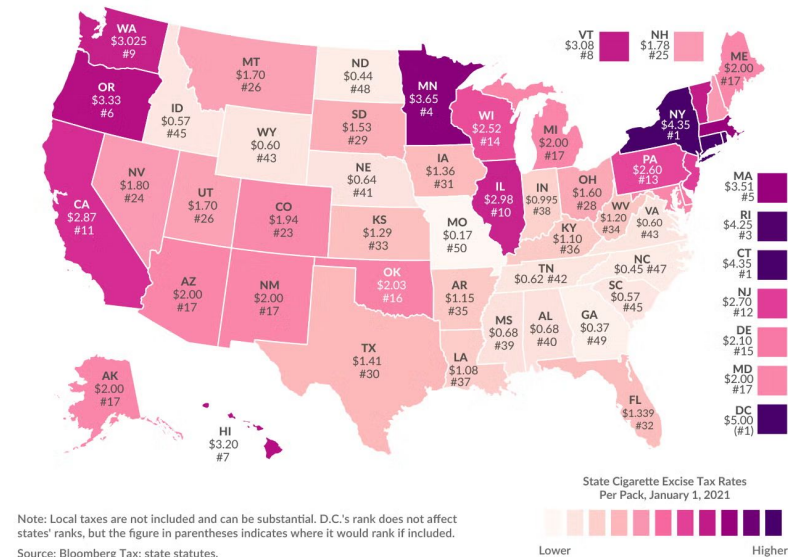
Quebec bans energy drink sales to youth under 16

Tax Distributors

Tobacco

State Cigarette Excise Tax Rates

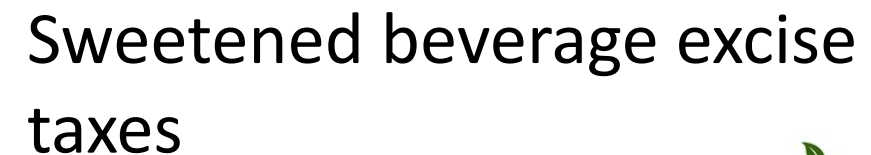
State Cigarette Excise Tax Rates Per Pack, January 1, 2021



Tobacco

Note: Local taxes are not included and can be substantial. D.C.'s rank does not affect states' ranks, but the figure in parentheses indicates where it would rank if included.
Source: Bloomberg Tax: state statutes.

Food



Taxes Are One of Our Most Effective Strategies

Sweetened beverage taxes:

- Increase prices of taxed drinks
- Significantly reduce purchases and intake of sweetened drinks
- Improve health outcomes:
 - Weight status
 - Perinatal health
 - Dental health
 - Childhood asthma



Sweetened Beverage Taxes Reduce Sugary Drink Purchases and Improve Health

By: Alyssa J. Moran, ScD, MPH;¹ Jim Krieger, MD, MPH;² and Christina A. Roberto, PhD¹

¹ Perelman School of Medicine, University of Pennsylvania; ² School of Public Health, University of Washington

EVIDENCE SUMMARY: As of May 2025, eight U.S. cities and dozens of countries have implemented sweetened beverage taxes. Although taxes vary in their design and delivery, clear evidence supports their positive effects on dietary behaviors and health. **Specifically, sweetened beverage taxes are associated with:**

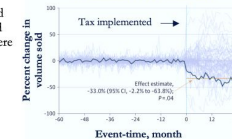
- Reduced sugary drink purchases and sugar intake
- Improvements in weight status across all age groups
- Improved oral health
- Improved pregnancy and birth outcomes
- Reduced hospitalizations for childhood asthma

DIETARY BEHAVIORS

A robust body of high-quality evidence shows that sweetened beverage taxes reduce sugary drink sales:

- A meta-analysis of 35 estimates from 33 studies of 16 tax policies around the world found that taxes reduced sugary drink sales by an average of 15%.
 - All 35 estimates from 33 individual studies demonstrated reductions in sales of sugary drinks (28 estimates were statistically significant). One study, released after the meta-analysis was published, found that taxes did not affect retail sales. That study relied on data primarily from drug stores, which is not where most beverages are purchased.²
- A meta-analysis of 26 studies of U.S. sweetened beverage taxes showed that, on average, taxes reduced purchases of sugary drinks by 27%.³
- A recent study of five U.S. cities found that sweetened beverage taxes were associated with a 33% reduction in purchase volume (Figure 1).⁴

Figure 1. Change in Sweetened Beverage Volume Sales in 5 U.S. Cities



Consumers do not fully replace purchases of sugar from taxed beverages with sugar from other sources.^{5,6} For example, a study from Seattle, WA, demonstrated a net 19% reduction in grams of sugar sold from taxed beverages two years post tax, after accounting for small increases in sugar sold from sweets.⁷

The most rigorous studies show that sweetened beverage taxes reduce sugar intake:

- The largest study to date examined changes in sugar intake 11 months after a sweetened beverage tax in the UK. That study found a reduced daily intake of free sugars by 4.8 g in children and 10.9 g in adults.¹⁰
- The largest U.S. study found that a sweetened beverage tax in Philadelphia was associated with a reduction of 0.81 servings of soda per week among adolescents 2 years after tax implementation.¹¹
- A meta-analysis estimated that taxes reduce sugary drink intake by 15%, though the result was not statistically significant (the largest study to date was not included in the analysis).¹

Sue Manufacturers of Addictive Products

Tobacco



Master Settlement
Agreement and DOJ
racketeering case

Food

HEALTH

San Francisco sues nation's top food manufacturers over ultraprocessed foods

DECEMBER 3, 2025 · 1:42 AM ET

By [The Associated Press](#)



Bottles of Coca-Cola products sit on a shelf at a store in Dania Beach, Fla., Oct. 20, 2020. Wilfredo Lee/AP

San Francisco sues 11
top food companies

Summary Slide

- MAHA has led to unprecedented policy action in red states.
- Strong central government support (technical assistance, industry engagement, threat of regulation) and monitoring are critical to the success of voluntary initiatives.
- There is often interaction between federal, state, and local policies.
 - States and cities can force federal action.
 - Federal policies can preempt state policies.
- Food companies use predictable tactics, including litigation and preemption, to prevent policy adoption and enforcement
- Many federal, state, and local tobacco policies can be applied to food.

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Q & A

Join us for the next session of the speaker series!

- Wednesday, July 22nd from 4:00 - 5:00 PM ET
- Title: Food Policies in Schools

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