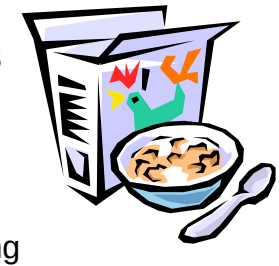
Nutrient Label Claims
Terms used on Food Labels



What Some Claims Mean:

high-protein: at least 10 grams (g) high-quality protein per serving

good source of calcium: at least 100 milligrams (mg) calcium per serving

more iron: at least 1.8 mg more iron per serving than the reference food (Label will say 10 percent more of the Daily Value for iron.)

fat-free: less than 0.5 g fat per serving

low-fat: 3 g or less fat per serving (If the serving size is 30 g or less or 2 tablespoons or less, 3 g or less fat per 50 g of the food.)

reduced or fewer calories: at least 25 percent fewer calories per serving than the reference food

sugar-free: less than 0.5 g sugar per serving

light (two meanings):

- one-third fewer calories or half the fat of the reference food (If 50 percent or more of the food's calories are from fat, the fat must be reduced by 50 percent.)
- a "low-calorie," "low-fat" food whose sodium content has been reduced by 50 percent of the reference food

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HEALTHY

- "low-fat," "low saturated fat," with 60 mg or less cholesterol per serving (or, if raw meat, poultry and fish, "extra lean")
- at least 10 percent of Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fiber per serving
- 480 mg or less sodium per serving, and, if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food

FAT

Fat-free: less than 0.5 grams (g) per serving size
Low-fat: 3 g or less per serving size
Reduced or less fat: at least 25 percent less fat per serving than regular version of same food – Example: If a product normally has 12 grams of fat per serving, then a reduced fat version would have 9 grams or less fat per serving.

SATURATED FAT

Saturated fat free: less than 0.5 g and less than 0.5 g trans fatty acids per serving. (Trans fatty acid is found in solid fat products, like margarine and vegetable shortenings. Evidence suggests that trans fatty acid has the same effect on blood cholesterol as saturated fat; therefore, the FDA believes the level of trans fatty acid should be limited in products claiming to be "saturated fat free.")
Low saturated fat: 1 g or less per serving and not more than 15 percent of calories from saturated fatty acids
Reduced or less saturated fat: at least 25 percent less per serving than reference food

CHOLESTEROL

Cholesterol-free: less than 2 milligrams (mg) and 2 g or less of saturated fat per serving
Low-cholesterol: 20 mg or less and 2 g or less of saturated fat per serving
Reduced or less cholesterol: at least 25 percent less than reference food and 2 g or less of saturated fat per serving

The following claims can be used to describe meat, poultry, seafood, and game meats.
Lean: less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving
Extra lean: less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per serving

FIBER

High-fiber: 5 g or more per serving

Good source of fiber: 2.5 g to 4.9 g per serving

More or added fiber: at least 2.5 g more per serving than the reference food

SODIUM

Sodium-free: less than 5 mg per serving

Very low sodium: 35 mg or less per serving

Low-sodium: 140 mg or less per serving

Light in sodium: at least 50 percent less sodium per serving than average reference amount for same food with no sodium reduction

Lightly salted: at least 50 percent less sodium per serving than reference amount

Reduced or less sodium: at least 25 percent less per serving than reference food

SALT (Sodium Chloride)

Salt-free: sodium-free - less than 5 mg per serving

Unsalted, without added salt, no salt added:

- no salt added during processing, and
- the food it resembles and for which it substitutes is normally processed with salt

CALORIES

Calorie free: less than 5 calories per serving

Low calorie: 40 calories or less per serving

Reduced or less calories: at least 25 percent fewer calories per serving than the reference amount

SUGAR

Sugar free: less than 0.5 g sugar per serving

Reduced or less sugar: at least 25 percent less sugar per serving than reference amount