



NUTRITION™
GET A TASTE FOR THE HEALTHY LIFE™

Nutrient content claims — such as "low-fat," "high fiber" or "saturated fat free" — may appear on the **front or side panel** of some food labels. You can use them to identify foods with a specific nutritional feature. Nutrient content claims are strictly defined by the government. Use this table as your guide to nutrient content claims."

NUTRIENT CONTENT CLAIM[^]	DEFINITION (PER SERVING)
Calories	
Calorie-free	Less than 5 calories
Low-calorie	40 calories or less
Reduced or fewer calories	At least 25% fewer calories*
Light or lite	Calories reduced by at least 1/3 (if food is less than 50% calories from fat)
Sugar	
Sugar-free	Less than 0.5 gram sugars
Reduced sugar or less sugar	At least 25% less sugars*
No added sugar	No sugars added during processing or packing, including ingredients that contain sugars, such as juice or dry fruit
Fat	
Fat-free	Less than 0.5 gram fat
Low-fat	3 grams or less of fat and no more than 30% calories from fat
Reduced or less fat	At least 25% less fat*
Light or lite	Fat reduced 50% or more (if food is 50% or more calories from fat)
Saturated Fat	
Saturated fat-free	Less than 0.5 gram saturated fat and less than 0.5 gram trans fat
Low saturated fat	1 gram or less saturated fat and no more than 15% of calories from saturated fat
Reduced or less saturated fat	At least 25% less saturated fat

This discussion of nutrition and physical activity issues is provided as a service to the public. It is for informational purposes only and may not be applicable to everyone. Always consult your health care professional before making any significant changes in your dietary habits or your physical activity routines.



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Cholesterol	
Cholesterol-free	Less than 2 milligrams cholesterol and 2 grams or less of saturated fat
Low cholesterol	20 mg or less per reference amount (and per 50grams of food if the reference amount is small)and 2 grams orless orless saturated fat per reference amount
Reduced or less cholesterol	At least 25% less cholesterol (deleted "s" from cholesterol) and 2 grams or less saturated fat
Sodium	
Sodium free	Less than 5 milligrams sodium
Very low sodium	35 milligrams or less sodium
Low sodium	140 milligrams or less sodium
Reduced or less sodium	At least 25% less sodium
Light in sodium	At least 50% less than appropriate reference food
Fiber	
High Fiber	5 grams or more
Good source of fiber	2.5 to 4.9 grams
More or added fiber	At least 2.5 grams more*
Other Claims	
High, rich in, excellent source of	20% or more of % Daily Value*
Good source, contains, provides	10% to 19% of % Daily Value*
More, enriched, fortified, added	10% or more of % Daily Value*
Lean**	Less than 10 grams fat, 4.5 grams or less saturated fat, and less than 95 milligrams cholesterol
Extra Lean**	Less than 5 grams fat, less than 2 grams saturated fat, and less than 95 milligrams cholesterol
^ Nutrient Content claims include additional nutrition criteria not provided in this chart. For additional information on FDA food regulations visit http://www.cfsan.fda.gov/	
* as compared to an appropriate reference food	
** on meat, poultry, seafood and game meats	

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