



**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."

<b>NUTRIENT CONTENT CLAIM<sup>^</sup></b>	<b>DEFINITION (PER SERVING)</b>
<b>Calories</b>	
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)
<b>Sugar</b>	
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
<b>Fat</b>	
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)
<b>Saturated Fat</b>	
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

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<b>Cholesterol</b>	
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
<b>Sodium</b>	
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
<b>Fiber</b>	
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*
<b>Other Claims</b>	
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 <a href="http://www.cfsan.fda.gov/">http://www.cfsan.fda.gov/</a>	
* as compared to an appropriate reference food	
** on meat, poultry, seafood and game meats	

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