

# Nutrient Label Claims

There are lots of terms on food labels. Here's what some of them mean:

## Free:

**Sugar free, fat free, sodium free or calorie free** – too small an amount to affect you or your diet.

## Low :

**Low fat:** 3 grams or less of fat per serving

**Low in saturated fat:** 1 g or less per serving and not more than 15 percent of calories from saturated fat

**Low-cholesterol:** 20 mg or less and 2 g or less of saturated fat per serving

**Low calorie:** 40 calories or less per serving

**Low-sodium:** 140 mg or less per serving



## Reduced :

Contains 25% less of a nutrient than compared to a similar food.

Examples include **reduced calorie, reduced fat, reduced cholesterol, reduced sodium**. You will also see “reduced in”, “fewer”, “lower”, “lower in”, or “less”.

## Light:

$\frac{1}{3}$  fewer calories, 50% less fat or 50% less sodium than the original.



**High:**

20% of the Daily Value of a nutrient (example: calcium, vitamin C)  
You will also see “excellent source of” or “rich in”.

**Good Source:**

10-19% of the Daily Value of a nutrient (example: folate, iron)  
You will also see “contains” or “provides”.



**More:**

10% of the Daily Value of a nutrient (example: fiber)  
You will also see “enriched”, “fortified”, or “added”.

**Healthy:**

Low in fat and saturated fat, 60 mg or less cholesterol per serving  
At least 10% of the Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fiber per serving, and 480 mg or less of sodium per serving.

**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

