

# Nutrient Label Claims

The claims on food labels can be confusing. Knowing what these claims mean can help you choose healthier products.



Sugar Claims	What does this mean?
Sugar Free, Zero Sugar, No Sugar, Without Sugar, Negligible Source of Sugar, Trivial Source of Sugar, Dietarily Insignificant Source of Sugar	Less than 0.5 grams of sugar per serving.

Calorie Claims	What does this mean?
Calorie Free, Zero Calories, No Calories, Without Calories, Trivial Source of Calories, Negligible Source of Calories, Dietarily Insignificant Source of Calories	Less than 5 calories per serving.
Low in Calories, Few Calories, Contains a Small Amount of Calories, Low Source of Calories	Less than 40 calories per serving.
Reduced Calories, Fewer Calories	25% fewer calories than the original product. CAUTION: The original product may not be "low calorie," so cutting 25% may mean this is still a high-calorie food.
Light, Lite	Meets definition for "low calorie" or "low fat" (less than 40 calories per serving or less than 3 grams of fat).



Total Fat Claims	What does this mean?
Fat Free, Zero Fat, No Fat, Without Fat, Trivial Source of Fat, Negligible Source of Fat, Dietarily Insignificant Source of Fat	Less than 0.5 grams of fat per serving.
Low in Fat, Less Fat, Contains a Small Amount of Fat, Low Source of Fat	Less than 3 grams of fat per serving.
Reduced Fat, Less Fat	At least 25% less fat per serving than the original food item. CAUTION: The original product may not be "low fat," so cutting 25% may mean this is still a high-calorie food.

Saturated Fat Claims	What does this mean?
Saturated Fat Free, Zero Saturated Fat, No Saturated Fat, Without Saturated Fat, Trivial Source of Saturated Fat, Negligible Source of Saturated Fat, Dietarily Insignificant Source of Saturated Fat	Less than 0.5 grams of saturated fat and less than 0.5 grams of trans fatty acids per serving.
Low in Saturated Fat, Less Saturated Fat, Low Source of Saturated Fat, Contains a Small Amount of Saturated Fat	1 gram of saturated fat or less per serving and 15% or less calories from saturated fat.
Reduced Saturated Fat, Less Saturated Fat	At least 25% less saturated fat per serving than the original item. CAUTION: The original product may not be "low saturated fat," so cutting 25% may mean this is still a food with high saturated fat.



Cholesterol Claims	What does this mean?
Cholesterol Free, Zero Cholesterol, No Cholesterol, Without Cholesterol, Trivial Source of Cholesterol, Negligible Source of Cholesterol, Dietary Insignificant Source of Cholesterol	Less than 2 milligrams of cholesterol per serving.
Low in Cholesterol, Less Cholesterol, Contains a Small Amount of Cholesterol, Low Source of Cholesterol	20 milligrams of cholesterol or less per serving.
Reduced Cholesterol, Less Cholesterol	At least 25% less cholesterol per serving than the original item. CAUTION: Original product may not be "low cholesterol," so cutting 25% may mean this is still a food that is high in cholesterol.

Sodium Claims	What does this mean?
Sodium Free, Salt Free, Zero Sodium, No Sodium, Without Sodium, Trivial Source of Sodium, Negligible Source of Sodium, Dietarily Insignificant Source of Sodium	Less than 5 milligrams of sodium per serving.
Low in Sodium, Less Sodium, Contains a Small Amount of Sodium, Low Source of Sodium	140 milligrams of sodium or less per serving.
Reduced Sodium, Less Sodium	At least 25% less sodium than the original item. CAUTION: The original food may not be "low sodium," so cutting 25% may mean this is still a food that is high in sodium.



Sodium Claims	What does this mean?
Light in Sodium	At least 50% less sodium than the original item. CAUTION: The original food may not be “low sodium,” so cutting 50% may mean this is still a food that is high in sodium.
Very Low Sodium	35 milligrams of sodium or less per serving.
No Salt Added, Unsalted	No additional salt was added to the product during processing, but this phrase, “This is not a sodium-free food,” means that this food is not “sodium-free.” Sodium was in the food before processing.
Lightly Salted	50% less sodium added during processing than normally added to original food item. This does not mean that this is a low-sodium food. If it were low sodium, it would say “low sodium.”

