

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

