



## Food Claim Terminology

With the new labeling law, terms that were once used inconsistently (and too often misleadingly) must now be used uniformly to assure that such terms mean the same on each product on which they appear. The following are definitions of the most frequently used terms:

**Calorie Free** means that there are fewer than 5 calories per serving.

**Sugar Free** indicates that there are fewer than 0.5 grams of sugar per serving.

**Fat Free** indicates that there are fewer than 0.5 grams of total fat per serving.

**Low Fat** - The food contains 3 grams of total fat or less per serving.

**Low Saturated Fat** - The food contains 1 gram or less per serving.

**Low Sodium** - The food contains less than 140 mgs of sodium per serving.

**Very Low Sodium** - The food contains less than 35 mgs per serving.

**Low Cholesterol** - The food contains less than 20 mgs of cholesterol per serving.

**Low Calorie** - The food item contains 40 calories or less per serving.

**Lean** - Contains fewer than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 mgs of cholesterol per serving and per 100 grams of meat, poultry, seafood or game meat.

**Extra Lean** - Contains fewer than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mgs of cholesterol per serving and per 100 grams of meat, poultry, seafood or game meat.

**High** - One serving of the food contains 20% or more of the Daily Value for a particular nutrient.

**Good Source** - One serving of the food contains 10% to 19% of the Daily Value for a particular nutrient.

**Reduced** - A nutritionally altered product contains 25% less of a nutrient or of calories than the regular, or "reference" product.

**Less** - A food, whether altered or not, contains 25% less of a nutrient or of calories than the reference food.

**Light** - A nutritionally altered product that contains one-third fewer calories or half of the fat of the reference food, or the sodium content of a low-calorie, low-fat food has been reduced by 50%.

**More** - One serving of the food, altered or not, contains a nutrient in a quantity that is at least 10% of the Daily Value more than the reference food.