

Label Dictionary

Nutrient content claims are defined for one serving. For example, that means that a high-fiber cereal has 5 or more grams of fiber per serving.

Nutrient	Content Claim	Definition (per serving)
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Fat

Fat free	less than 0.5 gram fat
Low fat	3 grams or less of fat
Reduced or less fat	at least 25% less fat*
Light	one-third fewer calories or 50% less fat*

Saturated Fat

Saturated fat free	less than 0.5 gram saturated 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

Cholesterol

Cholesterol free	less than 2 milligrams cholesterol and 2 grams or less of saturated fat
Low cholesterol	20 milligrams or less cholesterol and 2 grams or less of saturated fat
Reduced or less cholesterol	at least 25% less cholesterol* and 2 grams or less saturated fat

Calories

Calorie free	less than 5 calories
Low calorie	40 calories or less
Reduced or fewer calories	at least 25% fewer calories*
Light or lite	one-third fewer calories or 50% less fat*

**as compared with a standard serving size of the traditional food*

Nutrient Content Claim **Definition** (per serving)

Sodium

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	50% less*

Fiber

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*

Sugar

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

Other Claims

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 95 milligrams cholesterol
Extra lean**	less than 5 grams fat, 2 grams saturated fat, and 95 milligrams cholesterol
Healthy	low in fat and saturated fat, contains no more than 60 milligrams of cholesterol and 480 milligrams of sodium per serving, and provides at least 10% of the Daily Value for vitamin A, vitamin C, protein, calcium, iron and fiber

**as compared with a standard serving size of the traditional food*

***on meat, poultry, seafood, and game meats*