

Health Claims on Food Labels

What do they really mean?

- “Low Calorie”- less than 40 calories per serving.
- “Low Cholesterol”- less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- “Good Source of”- provides 10-19% of the DV of a particular vitamin or nutrient per serving.
- “High”, “Rich in”, or “Excellent source of”- provides at least 20% or more of the DV per serving.
- “Calorie free”- less than 5 calories per serving.
- “Fat Free” or “Sugar Free”- less than ½ gm of fat or sugar per serving.
- “Low Sodium”- less than 140 mg of sodium per serving.
- “Very Low Sodium”- contains 35 mg or less sodium per serving.
- “High Fiber”- contains 5 or more grams of fiber per serving.
- “No Added Sugar” or “No Sugar Added”- means no sugar has been added to the product, but the food may have calories and naturally occurring sugars.
- “Reduced”- means the product is at least 25% lower in the nutrient (sodium, calories, sugar, fat) per serving than the comparable regular food. But this does not mean the food is necessarily “low” in or “free” of a certain nutrient.
- “Light”- 1/3 fewer calories or ½ the fat of the usual food.
- “Healthy”- decreased fat, saturated fat, sodium and cholesterol and at least 10% of the DV of vitamin A,C, iron, protein, calcium and fiber.
- “Lean” (meat, poultry, seafood)- 10 grams of fat or less, 4 ½ grams of saturated fat, and less than 95 mg of cholesterol per serving.
- “More”, Fortified”, “Added” or “Enriched”- indicates a food that contains at least 10% more of the DV for protein, vitamins, minerals, or fiber per serving compared to the reference food.

| | “FREE” | “LOW” |
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| Fat | .5 gm or less | 3 gm or less and no more than 30% of calories from fat |
| Sat. Fat | .5 gm or less | 1 gm or less |
| Trans Fat | .5 gm or less | 1 gm or less |
| Cholesterol | less than 2 mg | 20 mg or less and 2 gm or less saturated fat |
| Sodium | less than 5 mg | 140 mg or less |
| Calories | less than 5 | 40 or less |
| Sugar | less than .5 gm (and no ingredient is a sugar) | not allowed |