

NUTRIENT CLAIMS

CLAIM	REQUIREMENT
Low calorie	40 calories or fewer per serving
Reduced calorie	At least 25% lower in calories than a “regular” or reference, food
Calorie free	Fewer than 5 calories per serving
Extra lean (meat and poultry products)	Less than 5 g of fat AND Less than 2 g of saturated fat and trans fat combined AND Less than 95 mg of cholesterol per serving
Lean (meat and poultry products)	Less than 10 g of fat AND Less than 4.5 g of saturated and trans fat combined AND Less than 95 mg of cholesterol per serving
Extra lean (main dishes and prepared meals)	Less than 5 g total fat AND less than 2 g saturated fat AND Less than 95 mg of cholesterol per serving
Lean (main dishes and prepared meals)	Less than 8 g total fat AND 3.5 g or less saturated fat AND Less than 80 mg of cholesterol per serving
Cholesterol free	Less than 2 mg of cholesterol AND 2 g or less saturated fat and trans fat combined per serving
Fat free	Less than .5 g of fat per serving

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Less saturated fat	25% or less saturated fat and trans fat combined than the comparison food.
Low cholesterol	20 mg or less of cholesterol AND 2 g or less saturated fat per serving
Low fat	3 g or less fat per serving
Low saturated fat	1 g or less saturated fat and less than 0.5 g of trans fat per serving
Percent fat free	May be used only if the product meets the definition of low-fat or fat-free. Requires disclosure of grams of fat per 100 g food.
Reduced saturated fat	At least 25% less saturated fat and reduced by more than 1 g saturated fat per serving compared with a reference food.
Reduced or less cholesterol	At least 25% less cholesterol than a reference food and 2 g or less saturated fat per serving.
Saturated fat free	Less than 0.5 g of saturated fat and less than 0.5 g of trans fat.
Trans fat free	Less than 0.5 g of trans fat and less than 0.5 g of saturated fat per serving.

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High-fiber	5 g or more per serving. (Foods making high fiber claims must fit the definition of low-fat, or the level of total fat must appear next to the high-fiber claim.)
Good source of fiber	2.5 g to 4.9 g per serving
More or added fiber	At least 2.5 g more per serving than a reference food.
Low-sodium	140 mg or less sodium per serving.
Reduced sodium	At least 25% lower in sodium than the regular product.
Sodium free	Less than 5 mg per serving.
Very low sodium	35 mg or less sodium per serving.
Free, without, no, zero	None or trivial amount.
Fresh	Raw, unprocessed, or minimally processed with no added preservatives.
Good source	10 to 19% of the daily value per serving.
Healthy	20% or more of the daily value for a given nutrient per serving; synonyms include rich in or excellent source.

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Less, fewer, reduced	Containing at least 25% less of a nutrient or calories than a reference food. This may occur naturally or as a result of altering the food. For example pretzels which are usually low and that can claim to provide less than the potato chips, a comparable food.
Light	This descriptor has three meanings on labels: 1. A serving provides one third fewer calories or half the fat of the regular product. 2. A serving of a low-calorie, low-fat food provides half the sodium normally present. 3. The product is light in color and texture so long as the label makes this intent clear as in light brown sugar.
More, extra	At least the same amount and more of the daily value than a reference food. The nutrient may be added or may occur naturally.