



SAVOR your LIFE today, INC.

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Health and Life Balance Enthusiast

Food Label Words and Descriptions

| Nutrient claim | Definition |
|---------------------------|--|
| Healthy | A food that is low in fat and saturated fat, contains 480 milligrams or less sodium per serving, and provides at least 10% Daily Value for one of these nutrients: Vitamin A, Vitamin C, calcium, iron, protein, and fiber |
| Lean | Meat, poultry, seafood, and game meat with less than 10 grams fat, 4 grams saturated fat, and 95 milligrams cholesterol per serving and per 100 grams |
| Extra Lean | Meat, poultry, seafood, and game meat with less than 5 grams fat, 2 grams saturated fat, and 95 milligrams cholesterol per serving and per 100 grams |
| Low Calorie | 40 calories or less per serving <u>Main dish/meal product:</u> 120 calories or less per 100 grams |
| Fat Free | Less than 0.5 fat per serving, <i>and</i> , does not contain added ingredients that are fats |
| Low Fat | 3 grams or less fat per serving <u>Main dish/meal product:</u> 3 grams or less fat per 100 grams <i>and</i> not more than 30% of calories from fat |
| Cholesterol Free | Less than 2 milligrams cholesterol and 2 grams or less saturated fat per serving <u>Main dish product:</u> 19.5 grams or less total fat, less than 2 milligrams cholesterol, and less than 2 grams saturated fat per serving <u>Meal product:</u> 26 grams or less total fat, less than 2 milligrams cholesterol, and less than 2 grams saturated fat per serving |
| Low Cholesterol | 20 milligrams or less cholesterol and 2 grams or less saturated fat per serving <u>Main dish product:</u> 20 milligrams or less cholesterol and 2 grams or less saturated fat per 100 grams, <i>and</i> , 19.5 grams or less total fat per serving <u>Meal product:</u> 20 milligrams or less cholesterol and 2 grams or less saturated fat per 100 grams, <i>and</i> , 26 grams or less total fat per serving |
| Saturated Fat Free | Less than 0.5 gram saturated fat per serving, <i>and</i> , the level of trans fatty acids does not exceed 1% of total fat |
| Low Saturated Fat | 1 gram or less saturated fat per serving, <i>and</i> , not more than 15% of calories from saturated fat <u>Main dish/meal product:</u> 1 gram or less saturated fat per 100 grams, <i>and</i> , less than 10% of calories from saturated fat |

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Food Label Words and Descriptions Cont.

| Nutrient claim | Definition |
|---------------------------------|---|
| Salt Free or Sodium Free | Less than 5 milligrams sodium per serving, <i>and</i> , does not contain sodium chloride (table salt) |
| Very Low Sodium | 35 milligrams or less sodium per serving <u>Main dish/meal product:</u> 35 milligrams or less sodium per 100 grams |
| Low Sodium | 140 milligrams or less sodium per serving <u>Main dish/meal product:</u> 140 milligrams or less sodium per 100 grams |
| Light or Lite | 1/3 few calories <i>or</i> 50% less fat than the higher-calorie, higher-calorie, higher-fat version |
| Reduced in ... | A nutritionally-altered food that contains at least 25% less of a nutrient than a reference food |

*A serving is a reference amount of more than 30 grams or more than 2 tablespoons. Different criteria may apply for smaller reference amounts.

Main dish products weigh at least 6 ounces per serving, contain not less than 40 grams each of at least two different foods from at least two specified food groups, and is represented as a main dish.

Meal products weigh at least 10 ounces per serving, contain not less than 40 grams each of at least three different foods from at least two specified food groups, and is represented as a meal.

Source: Federal Register, Jan 6, 1993. (58 FR 2066 et seq)

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