

Food Label Terms

IF IT SAYS:	IT MEANS:
“High Fiber”	More than 5 g of fiber per serving
“Light” “Lite”	50% of the fat and 1/3 fewer calories of regular version of product
“Organic”	95% of ingredients meet USDA organic standards regarding use of pesticides and other chemicals in production
“Good source of”	Provides at least 10% of Daily Value
“Low fat” “Lo-fat”	3 grams or less of fat per serving
“Fat-free” “Non-fat”	Less than .5 g fat per serving
“Trans-fat free”	Less than .5 g trans-fat per serving
“Cholesterol free”	Less than 2 mg cholesterol per serving, plus 2 g or less of saturated fat and trans-fat combined per
“Low Cholesterol”	20 mg or less cholesterol per serving, plus 2 g or less of saturated fat and trans-fat combined per serving.
“Reduced calorie”	At least 25% fewer calories than regular product
“Low calorie”	Provides 40 calories or less per serving
“Lean”	Provides less than 10 g of fat, plus 4.5 or less of saturated fat and trans-fat combined per serving, and 95 mg of cholesterol
“Rich in” “Excellent Source of”	Provides 20% or more of nutrient
“Sodium free” “Salt free”	Less than 5 mg per serving
“Low sodium”	140 mg or less per serving