

Food Labeling Definitions

Sugar-Free: less than 0.5 grams (g) per serving

No Added Sugar: No sugars added during processing or packing, including ingredients that contain sugars (for example, fruit juices, applesauce, or dried fruit)

Fat Free: less than 0.5 g of fat per serving

Saturated Fat Free: less than 0.5 g per serving, and the level of trans fatty acids does not exceed 1 % of total fat

Low Fat: 3 gms or less per serving, and if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food

Low Saturated Fat: 1 g or less per serving and not more than 15 % of calories from saturated fat

Reduced or Less Fat: at least 25 percent less per serving than “reference food”

Calorie Free: fewer than 5 calories per serving

Low Calorie: 40 calories or less per serving and if the serving is 30 g or less or 2 Tbsp or less, per 50 g of the food

Reduced Calories: at least 25 percent fewer calories per serving than “reference food”

Cholesterol Free: less than 2 milligrams (mg) of cholesterol and 2 g or less of saturated fat per serving

Low Cholesterol: 20 mg or less and 2 g or less of saturated fat per serving and, if serving is 30 g or less or 2 tablespoons or less, per 50 g of the food

Sodium Free: less than 5 mg per serving

Low Sodium: 140 mg or less per serving

Reduced or Less Sodium: at least 25 percent less per serving than “reference food”

High Fiber: 5 g or more per serving (Foods making high- fiber claims must meet the definition for 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