



A LIST OF COMMON NUTRITIONAL TERMS

Fat Free: Product has less than 1/2 (0.5) grams of fat per serving

99% Fat Free: Every 100 grams of food will have 1 gram or less of fat

Low Fat: Product has 3 grams of fat or less per serving

Light (Lite): Product has 33% fewer calories of 50% less fat per serving than a comparable product.

Lean: For meat and poultry only. Product has less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving.

Low Calorie: Product has 40 calories or less per serving

Saturated Fat Free: Product has less than 0.5 grams saturated fat per serving. This value will be rounded to zero.

Trans Fat Free: Product has less than 0.5 grams trans fat per serving. This value will be rounded to zero.

Low in Saturated Fat: Product has 1 gram or less saturated fat per serving.

Cholesterol Free: Product has less than 2 milligrams of cholesterol per serving. This value will be rounded to zero.

Low Cholesterol: Product has 20 milligrams or less cholesterol and 2 grams or less of saturated fat per serving.

Sodium Free: Product has less than 5 milligrams of sodium per serving. This value will be rounded to zero.

Very Low Sodium: Product has 35 milligrams or less of sodium per serving.

Low Sodium: Product has 140 milligrams or less of sodium per serving.

Good Source: Used for fiber, protein, vitamins, or minerals. Product has at least 10% of the Daily Value for that particular nutrient.

High in (Excellent Source): Used for fiber, protein, vitamins or minerals. Product has at least 20% of the Daily Value for the particular nutrient.