



hen house

your market

Health Claims on Food Labels What do they really mean?



- “Low Calorie”- less than 40 calories per serving.
- “Low Cholesterol”- less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- “Good Source of”- provides 10-19% of the DV of a particular vitamin or nutrient per serving.
- “High”, “Rich in”, or “Excellent source of”- provides at least 20% or more of the DV per serving.
- “Calorie free”- less than 5 calories per serving.
- “Fat Free” or “Sugar Free”- less than ½ gm of fat or sugar per serving.
- “Low Sodium”- less than 140 mg of sodium per serving.
- “Very Low Sodium”- contains 35 mg or less sodium per serving.
- “High Fiber”- contains 5 or more grams of fiber per serving.
- “No Added Sugar” or “No Sugar Added”- means no sugar has been added to the product, but the food may have calories and naturally occurring sugars.
- “Reduced”- means the product is at least 25% lower in the nutrient (sodium, calories, sugar, fat) per serving than the comparable regular food. But this does not mean the food is necessarily “low” in or “free” of a certain nutrient.
- “Light”- 1/3 fewer calories or ½ the fat of the usual food.
- “Healthy”- decreased fat, saturated fat, sodium and cholesterol and at least 10% of the DV of vitamin A,C, iron, protein, calcium and fiber.
- “Lean” (meat, poultry, seafood)- 10 grams of fat or less, 4 ½ grams of saturated fat, and less than 95 mg of cholesterol per serving.
- “More”, Fortified”, “Added” or “Enriched”- indicates a food that contains at least 10% more of the DV for protein, vitamins, minerals, or fiber per serving compared to the reference food.

	“FREE”	“LOW”
Fat	.5 gm or less	3 gm or less and no more than 30% of calories from fat
Sat. Fat	.5 gm or less	1 gm or less
Trans Fat	.5 gm or less	1 gm or less
Cholesterol	less than 2 mg	20 mg or less and 2 gm or less saturated fat
Sodium	less than 5 mg	140 mg or less
Calories	less than 5	40 or less
Sugar	less than .5 gm (and no ingredient is a sugar)	not allowed