

# Nutrition Fact Sheet

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## What the Claims Mean

*The government has established strict definitions for the descriptive terms that are used on food labels. Here are some that are used for specific nutrients.*

### Sugar

**Sugar free:** less than 0.5 grams (g) per serving.

**No added sugar, Without added sugar, No sugar added:**

- No sugars added during processing or packing, including ingredients that contain sugars (for example, fruit juices, applesauce, or dried fruit).
- Processing does not increase the sugar content above the amount naturally present in the ingredients. ( The insignificant increase in sugars is acceptable from processes used for purpose other than increasing sugar content.)
- The food that it resembles and for which it substitutes normally contains added sugars.
- If the food doesn't meet the requirements for a low- or reduced-calorie food, the product bears a statement that the food is not low-calorie food or calorie-reduced and directs consumers' attention to the nutrition panel for further information on sugars and calorie content.

**Reduced sugar:** At least 25 percent less sugar per serving than reference food.

### Calories

**Calorie free:** Fewer than 5 calories per serving.

**Low calorie:** 40 calories or less per serving and if the serving is 30 grams or less or 2 tablespoons or less per 50 grams of the food.

**Reduced or Fewer calories:** At least 25 percent fewer calories per serving than reference food.

### Fat

**Fat free:** Less than 0.5 grams of fat per serving.

**Saturated fat free:** Less than 0.5 grams per serving and the level of trans fatty acids does not exceed 1 percent of total fat.

**Low fat:** 3 grams or less per serving, and if the serving is 30 grams or less or 2 tablespoons or less, per 50 grams of the food.

**Low saturated fat:** 1 gram or less per serving and not more than 15 percent of calories from saturated fatty acids.

**Reduced or Less fat:** At least 25 percent less per serving than reference food.

**Reduced or Less saturated fat:** At least 25 percent less per serving than reference food.

### Cholesterol

**Cholesterol free:** Less than 2 milligrams (mg) of cholesterol and 2 grams or less of saturated

fat per serving.

**Low cholesterol:** 20 milligrams or less and 2 grams or less of saturated fat per serving and, if the serving is 30 grams or less or 2 tablespoons or less, per 50 grams of the food.

**Reduced or Less cholesterol:** At least 25 percent less and 2 grams or less of saturated fat per serving than reference food.

### Sodium

**Sodium free:** Less than 5 milligrams per serving.

**Low sodium:** 140 milligrams or less per serving and if the serving is 30 grams or less or 2 tablespoons or less, per 50 grams of the food.

**Very low sodium:** 35 milligrams or less per serving and, if the serving is 30 grams or less or 2 tablespoons or less, per 50 grams of the food.

**Reduced or Less sodium:** At least 25 percent less per serving than reference food.

### Fiber

**High fiber:** 5 grams 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 grams to 4.9 grams per serving.

**More of Added fiber:** At least 2.5 grams more per serving than reference food.