

NUTRIENT CONTENT CLAIMS

Claim	Definition	Nutrient
"Free"	No amount of or only trivial amounts.	Fat Saturated Fat Cholesterol Sodium Sugars Calories
"Very Low"	Not an overall definition.	Sodium
"Low"	May be used on foods that can be eaten frequently without exceeding dietary guidelines. Amount varies depending on the nutrient.	Fat Saturated Fat Sodium Cholesterol Calorie
"Lean" and "Extra Lean"	Used to describe fat in meat, poultry, seafood, and game meats.	Fat
"High"	May be used if the food contains 20% or more of the Daily Value per serving.	Vitamins and Minerals Dietary Fiber Protein
"Good Source"	May be used if the food contains 10% to 15% of the Daily Value per serving.	Vitamins and Minerals Dietary Fiber Protein
"Reduced"	Nutritionally altered to contain at least 25% less of a nutrient, or of calories, than the reference food. Reduced claim cannot be made if it is already labeled low.	Fat Saturated Fat Sodium Cholesterol Calorie
"Less"	Contains 25% less of a nutrient, or of calories, than the reference food.	Fat Saturated Fat Sodium Cholesterol Calorie
"Light"	One-third fewer calories, or half the fat, of the reference food. If the food derives 50% or more of calories from fat, the reduction must be 50%.	Calories Fat
"Light in Sodium"	Sodium has been reduced by at least 50%.	Sodium
"More"	Contains at least 10% of the Daily Value of the nutrient present in reference food. "Fortified," "enriched," "added," "extra," and "plus" are all synonyms of "more."	Vitamins and Minerals Dietary Fiber Protein