

Nutrient Content Claims

Use this quick guide to compare your nutrient profiles against common nutrient content claims for FDA-regulated foods. Be mindful of the many nuances for claims contained in the U.S. Code of Federal Regulations.

Nutrient Claim	Definition
Low Calorie	40 calories or less per serving Main dish/meal: 120 calories or less per 100 grams
Fat Free	Less than 0.5 gram fat per serving, and includes no ingredients that contain fat
Low Fat	3 grams or less fat per serving Main dish/meal: 3 grams or less fat per 100 grams, and not more than 30% of calories from fat
Saturated Fat Free	Less than 0.5 gram saturated fat and less than 0.5 gram trans fat per serving, and includes no ingredients that contain saturated fat
Low Saturated Fat	1 gram or less saturated fat per serving, and not more than 15% of calories from saturated fat Main dish/meal: 1 gram or less saturated fat per 100 grams, and less than 10% of calories from saturated fat
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat per serving, and includes no ingredients that contain cholesterol
Low Cholesterol	20 milligrams or less cholesterol, and 2 grams or less saturated fat per serving Main dish/meal: 20 milligrams or less cholesterol and 2 grams or less saturated fat per 100 grams
Salt Free or Sodium Free	Less than 5 milligrams sodium per serving, and does not contain sodium chloride (table salt) or other sodium-containing ingredients
Very Low Sodium	35 milligrams or less sodium per serving Main dish/meal: 35 milligrams or less sodium per 100 grams
Low Sodium	140 milligrams or less sodium per serving Main dish/meal: 140 milligrams or less sodium per 100 grams

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Lean	Meat, poultry, seafood and game meat with less than 10 grams fat, 4.5 grams or less saturated fat, and less than 95 milligrams cholesterol per serving and per 100 grams
Extra Lean	Meat, poultry, seafood and game meat with less than 5 grams fat, less than 2 grams saturated fat, and less than 95 milligrams cholesterol per serving and per 100 grams
Good Source Contains Provides	10-19% Daily Value per serving. Example: A good source of iron contains between 1.8 and 3.4 milligrams iron per serving.
Excellent Source High in Rich in	20% or more Daily Value per serving. Example: An excellent source of fiber contains 5 grams or more fiber per serving.
Reduced Lower	A nutritionally-altered food that contains at least 25% less of a nutrient than a reference food
Light or Lite	A nutritionally-altered food that contains at least 1/3 fewer calories or 50% less fat than the higher-calorie, higher-fat version
Healthy	A food that is low in fat and saturated fat, contains 480 milligrams or less sodium per serving, and provides at least 10% Daily Value for one of these nutrients: Vitamin A, Vitamin C, calcium, iron, protein and fiber

Notes:

- **Per serving** is a reference amount of more than 30 grams or more than 2 tablespoons. Different criteria apply for smaller reference amounts.
- **Main dishes** weigh at least 6 ounces per serving, contain not less than 40 grams each of at least two different foods from at least two specified food groups, and are represented as a main dish.
- **Meals** weigh at least 10 ounces per serving, contain not less than 40 grams each of at least three different foods from at least two specified food groups, and are represented as a meal.

Reference: 21 CFR 101.9, 101.13, and 101.54-65