



What Health Claims on Food Labels Really Mean

- ☉ Light - 1/3 fewer calories or 1/2 the fat of the usual food.
- ☉ Low calorie - Less than 40 calories per serving.
- ☉ High fiber - 5 or more grams of fiber per serving.
- ☉ Calorie free - Less than 5 calories per serving.
- ☉ Low sodium - Less than 140 mg of sodium per serving.
- ☉ Fat free/sugar free - Less than 1/2 gram of fat or sugar per serving
- ☉ Reduced - 25% less of the specified nutrient or calories than the usual product.
- ☉ Good source of - Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- ☉ High in - Provides 20% or more of the Daily Value of a specified nutrient per serving.
- ☉ Healthy - Decreased fat, saturated fat, sodium, and cholesterol and at least 10% of the DV of vitamins A, C, iron, protein, calcium, and fiber.

