

Nutrient Descriptors and Their Definitions

APPENDIX G

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<i>Description</i>	<i>Definition</i>
Free	The reference amount used on the food label contains none or a very small amount: less than 5 calories; less than 5 mg sodium; less than 0.5 g total fat and saturated fat; less than 2 mg cholesterol or 0.5 g sugar.
Low	The reference amount contains no more than 40 calories; 140 mg sodium; 3 g fat.
Lean	The reference amount of meat, poultry, seafood, and game meats contains less than 10 g fat, 4.5 g saturated fat, and 95 mg cholesterol.
Extra lean	The reference amount contains less than 5 g fat, 2 g saturated fat, and 95 mg cholesterol.
High	The reference amount contains 20% or more of the Daily Value for a particular nutrient.
Good source	The reference amount contains 10% to 19% of the Daily Value for a particular nutrient.
Reduced	The reference amount of a nutritionally altered product contains 25% less of a nutrient or 25% fewer calories than a reference food. “Reduced” cannot be used if the reference food already meets the requirement for a “low” claim.
Less	The food contains 25% less of a nutrient or 25% fewer calories than a reference food.
Light	(1) An altered food contains 1/3 fewer calories or contains 50% of the fat in a reference food; if 50% or more of the calories come from fat, the reduction must be 50% of the fat; or (2) The sodium content of a low-calorie, low-fat food has been reduced by 50%; or (3) The term describes such properties as texture and color, as long as the label explains the intent (for example, “light brown sugar” or “light and fluffy”).

<i>Description</i>	<i>Definition</i>
More	A serving contains at least 10% more of the Daily Value of a nutrient than a reference food.
% Fat free	A product must be lowfat or fat-free, and the percentage must accurately reflect the amount of fat in 100 g of a food. Thus, 2.5 g of fat in 50 g of food results in a “95% fat-free” claim.
Healthy	A food is low in fat and saturated fat, and a serving contains no more than 480 mg sodium and no more than 60 mg of cholesterol.
Fresh	(1) A food is raw, has never been frozen or heated, and contains no preservatives; or (2) The term accurately describes the product (for example, “fresh milk,” or “freshly baked bread”).
Fresh frozen	The food has been quickly frozen while still fresh; blanching is allowed before freezing to prevent nutrient breakdown.

The Food and Drug Administration will not allow the use of the above nutrient claims on infant and toddler foods. The terms “unsweetened” and “unsalted” are allowed on infant and toddler foods because they relate to taste and not nutrient content.