

News You Can Use ...

As part of the Nutrition Labeling and Education Act (NLEA) of 1990, the Food and Drug Administration gave quantitative definitions to words used to describe the nutrient composition of foods and food products. A sampling of these descriptors follows:

Nutrient claim	Definition
Low Calorie	40 calories or less per serving <u>Main dish/meal product:</u> 120 calories or less per 100 grams
Salt Free or Sodium Free	Less than 5 milligrams sodium per serving, <i>and</i> , does not contain sodium chloride (table salt)
Very Low Sodium	35 milligrams or less sodium per serving <u>Main dish/meal product:</u> 35 milligrams or less sodium per 100 grams
Low Sodium	140 milligrams or less sodium per serving <u>Main dish/meal product:</u> 140 milligrams or less sodium per 100 grams
Fat Free	Less than 0.5 gram fat per serving, <i>and</i> , does not contain added ingredients that are fats
Low Fat	3 grams or less fat per serving <u>Main dish/meal product:</u> 3 grams or less fat per 100 grams <i>and</i> not more than 30% of calories from fat
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat per serving <u>Main dish product:</u> 19.5 grams or less total fat, less than 2 milligrams cholesterol, and less than 2 grams saturated fat per serving <u>Meal product:</u> 26 grams or less total fat, less than 2 milligrams cholesterol, and less than 2 grams saturated fat per serving
Low Cholesterol	20 milligrams or less cholesterol and 2 grams or less saturated fat per serving <u>Main dish product:</u> 20 milligrams or less cholesterol and 2 grams or less saturated fat per 100 grams, <i>and</i> , 19.5 grams or less total fat per serving <u>Meal product:</u> 20 milligrams or less cholesterol and 2 grams or less saturated fat per 100 grams, <i>and</i> , 26 grams or less total fat per serving
Saturated Fat Free	Less than 0.5 gram saturated fat per serving, <i>and</i> , the level of trans fatty acids does not exceed 1% of total fat
Low Saturated Fat	1 gram or less saturated fat per serving, <i>and</i> , not more than 15% of calories from saturated fat <u>Main dish/meal product:</u> 1 gram or less saturated fat per 100 grams, <i>and</i> , less than 10% of calories from saturated fat

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Lean	Meat, poultry, seafood, and game meat with less than 10 grams fat, 4 grams saturated fat, and 95 milligrams cholesterol per serving and per 100 grams
Extra Lean	Meat, poultry, seafood, and game meat with less than 5 grams fat, 2 grams saturated fat, and 95 milligrams cholesterol per serving and per 100 grams
Good Source of ..., or 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 of ..., or High in ..., or Rich in ...	20% or more Daily Value per serving. Example: An excellent source of fiber contains 5 grams or more fiber per serving.
Light or Lite	1/3 fewer calories <i>or</i> 50% less fat than the higher-calorie, higher-fat version
Reduced in ...	A nutritionally-altered food that contains at least 25% less of a nutrient than a reference food
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
<p>*A serving is a reference amount of more than 30 grams or more than 2 tablespoons. Different criteria may apply for smaller reference amounts.</p> <p>Main dish products 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 is represented as a main dish.</p> <p>Meal products 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 is represented as a meal.</p>	
REFERENCE: Fed. Reg. Jan 6, 1993. (58 FR 2066 <i>et seq.</i>)	

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