



Nutrition Terms

Low Calorie

No more than 40 calories per serving.

Calorie Free

Fewer than 5 calories per serving.

High In

20% or more of the Daily Value for the nutrient.

Reduced

At least 25% less of the nutrient than the standard product.

Good Source Of

10-19% of the Daily Value for the nutrient.

Excellent Source Of

20% or more of the Daily Value for the nutrient.

Sugar Free

Less than half a gram of sugar per serving.



No Sugar Added

No sugar or ingredient containing added sugar has been added in food production.

Fat Free

Less than half a gram of fat per serving.

Low Cholesterol

20 milligrams maximum of cholesterol, plus no more than 2g of saturated fat.

Low Sodium

No more than 140 milligrams per serving.

Light

50% less fat than the standard product, if the standard product contains more than 50% of its calories from fat.

OR

Sodium content is reduced by at least 50%.

Fewer than 50% of the calories are from fat and the calories are reduced by a third compared to the standard product.