

# The Label Language



**Know what some terms mean when choosing low fat, low calorie and low sodium items.**

## PHRASE

## WHAT IT MEANS

### FATS

Fat free	Less than 0.5 grams per serving
Low saturated fat	1 gram or less per serving
Low fat	3 grams or less per serving
Reduced fat	At least 25% less fat than regular version
Light in fat	Half the fat of the regular version

### CALORIES

Calorie free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Reduced or less calories	At least 25% fewer calories than regular version
Light or lite	Half the fat or a third of the calories of regular version

### SODIUM

Sodium free or salt free	Less than 5 milligrams per serving
Very low sodium	35 milligrams or less per serving
Low sodium	140 milligrams or less per serving
Low sodium meal	140 milligrams or less per 3 1/2 ounces
Reduced or less sodium	At least 25% less sodium than regular version
Light in sodium	Half the sodium of the regular version
Unsalted or no salt added	No salt added to the product during processing

(Source: U.S. Food and Drug Administration. A Food Labeling Guide Appendix A. Available at <http://www.cfsan.fda.gov/~dms/flg-6a.html>)

