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)

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