

Food Labeling

Healthy Definitions

TERM	MEANING
Light or Lite	Half the fat or a third of the calories of the regular version. <i>For example, if a regular cheesecake has 300 calories and 8 grams of fat per serving, then the "lite" version could have 200 calories and 4 grams of fat per serving.</i>
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
Reduced	At least 25% less of any nutrient (ie: sodium, fat, calories, sugar) than in the original product
Low Fat	3 grams of fat or less per serving
Fat Free	Less than .5 grams of fat per serving
Low Sodium	140 mg of sodium or less per serving
Very Low Sodium	35 mg of sodium or less per serving
Salt/Sodium-Free	Less than 5 mg of sodium per serving
No-Salt-Added or Unsalted	No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!
Low calorie	40 calories or less per serving.
Calorie free	Less than 5 calories per serving.

Source: U.S. Food and Drug Administration