

FDA Specifications for Health Claims & Descriptive Terms

(source: www.fda.gov)

Claim	Requirements that must be met
Fat-Free	Less than 0.5 grams of fat per serving, with no added fat or oil.
Low fat	3 grams or less of fat per serving.
Less fat	25% or less fat than the comparison food.
Saturated Fat Free	Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving.
Cholesterol-Free	Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving.
Reduced Calorie	At least 25% fewer calories per serving than the comparison food.
Low Calorie	40 calories or less per serving.
Extra Lean	Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood.
Lean	Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood.
Light (fat)	50% or less fat than in the comparison food (ex: 50% less fat than our regular cheese).
Light (calories)	1/3 fewer calories than the comparison food.
High-Fiber	5 grams or more fiber per serving.
Sugar-Free	Less than 0.5 grams of sugar per serving.
Sodium-Free or Salt-Free	Less than 5 mg of sodium per serving.
Low Sodium	140 mg or less per serving.
Very Low Sodium	35 mg or less per serving.
Healthy	A food low in fat, saturated fat, cholesterol, and sodium, and containing at least 10% of the Daily Values for vitamins A and C, iron, calcium, protein, or fiber.
"High," "Rich in," or "Excellent Source"	20% or more of the Daily Value for a given nutrient per serving.
"Less," "Fewer," or "Reduced"	At least 25% less of a given nutrient or calories than the comparison food.
"Low," "Little," "Few," or "Low Source of"	An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient -- but can only make the claim as it applies to all similar foods.
"Good Source Of," "More," or "Added"	The food provides 10% more of the Daily Value for a given nutrient than the comparison food.
"Whole Grain"	Cereal grains that consist of the intact, ground, cracked or flaked fruit of the grains whose principal components -- the starchy endosperm, germ and bran -- are present in the same relative proportions as they exist in the intact grain. Manufacturers can make factual statements about whole grains on the label of their products, such as "10 grams of whole grains," "½ ounce of whole grains," and "100% whole grain oatmeal".