

A Food Labeling Guide--Appendix A

[Food Labeling CFR References](#)

Definitions of Nutrient Content Claims

Nutrient	Free	Low	Reduced/Less	Comments
	<p>Synonyms for "Free": "Zero", "No", "Without", "Trivial Source of", "Negligible Source of", "Dietarily Insignificant Source of"</p> <p>Definitions for "Free" for meals and main dishes are the stated values per labeled serving</p>	<p>Synonyms for "Low": "Little", ("Few" for Calories), "Contains a Small Amount of", "Low Source of"</p>	<p>Synonyms for "Reduced/Less": "Lower" ("Fewer" for Calories)</p> <p>"Modified" may be used in statement of identity</p> <p>Definitions for meals and main dishes are same as for individual foods on a per 100 g basis</p>	<p>For "Free", "Very Low", or "Low", must indicate if food meets a definition without benefit of special processing, alteration, formulation or reformulation; e.g., "broccoli, a fat-free food" or "celery, a low calorie food"</p>
Nutrient	Free	Low	Reduced/Less	Comments
<p>Calories 21 CFR 101.60(b)</p>	<p>Less than 5 cal per reference amount and per labeled serving</p> <p>Not defined for meals or main dishes</p>	<p>40 cal or less per reference amount (and per 50 g if reference amount is small)</p> <p>Meals and main dishes: 120 cal or less per 100 g</p>	<p>At least 25% fewer calories per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low"</p>	<p>"Light" or "Lite": if 50% or more of the calories are from fat, fat must be reduced by at least 50% per reference amount. If less than 50% of calories are</p>

			<p>Calorie"</p> <p>Uses term "Fewer" rather than "Less"</p>	<p>from fat, fat must be reduced at least 50% or calories reduced at least 1/3 per reference amount</p> <p>"Light" or "Lite" meal or main dish product meets definition for "Low Calorie" or "Low Fat" meal and is labeled to indicate which definition is met</p> <p>For dietary supplements: Calorie claims can only be made when the reference product is greater than 40 calories per serving</p>
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Nutrient	Free	Low	Reduced/Less	Comments
<p>Total Fat 21 CFR 101.62(b)</p>	<p>Less than 0.5 g per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g per labeled serving)</p> <p>No ingredient that is fat or understood to contain fat, except noted below. (*)</p>	<p>3 g or less per reference amount (and per 50 g if reference amount is small)</p> <p>Meals and main dishes: 3 g or less per 100 g and not more than 30% of calories from fat</p>	<p>At least 25% less fat per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low Fat"</p>	<p>"__% Fat Free": OK if meets the requirements for "Low Fat"</p> <p>100% Fat Free: food must be "Fat Free"</p> <p>"Light"--see above</p> <p>For dietary supplements: calorie claims cannot be made</p>

				for products that are 40 calories or less per serving
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Nutrient	Free	Low	Reduced/Less	Comments
Saturated Fat 21 CFR 101.62(c)	<p>Less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per labeled serving)</p> <p>No ingredient that is understood to contain saturated fat except as noted below^(*)</p>	<p>1 g or less per reference amount and 15% or less of calories from saturated fat</p> <p>Meals and main dishes: 1 g or less per 100 g and less than 10% of calories from saturated fat</p>	<p>At least 25% less saturated fat per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low Saturated Fat"</p>	<p>Next to all saturated fat claims, must declare the amount of cholesterol if 2 mg or more per reference amount; and the amount of total fat if more than 3 g per reference amount (or 0.5 g or more of total fat for "Saturated Fat Free")</p> <p>For dietary supplements: saturated fat claims cannot be made for products that are 40 calories or less per serving</p>

Nutrient	Free	Low	Reduced/Less	Comments
Cholesterol 21 CFR 101.62(d)	<p>Less than 2 mg per reference amount and per labeled serving (or for meals and main dishes, less than 2 mg per labeled serving)</p> <p>No ingredient that</p>	<p>20 mg or less per reference amount (and per 50 g of food if reference amount is small)</p> <p>If qualifies by special processing and total fat exceeds 13 g per</p>	<p>At least 25% less cholesterol per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low Cholesterol"</p>	<p>Cholesterol claims only allowed when food contains 2 g or less saturated fat per reference amount; or for meals and main dish products--per labeled serving</p>

	<p>contains cholesterol except as noted below^(*)</p> <p>If less than 2 mg per reference amount by special processing and total fat exceeds 13 g per reference amount and labeled serving, the amount of cholesterol must be "Substantially Less" (25%) than in a reference food with significant market share (5% of market)</p>	<p>reference and labeled serving, the amount of cholesterol must be "Substantially Less" (25%) than in a reference food with significant market share (5% of market)</p> <p>Meals and main dishes: 20 mg or less per 100 g</p>		<p>size for "Free" claims or per 100 g for "Low" and "Reduced/Less" claims</p> <p>Must declare the amount of total fat next to cholesterol claim when fat exceeds 13 g per reference amount and labeled serving (or per 50 g of food if reference amount is small), or when the fat exceeds 19.5 g per labeled serving for main dishes or 26 g for meal products</p> <p>For dietary supplements: cholesterol claims cannot be made for products that are 40 calories or less per serving</p>
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Nutrient	Free	Low	Reduced/Less	Comments
Sodium 21 CFR 101.61	<p>Less than 5 mg per reference amount and per labeled serving (or for meals and main dishes, less than 5 mg per labeled serving)</p> <p>No ingredient that is sodium chloride or generally</p>	<p>140 mg or less per reference amount (and per 50 g if reference amount is small)</p> <p>Meals and main dishes: 140 mg or less per 100g</p>	<p>At least 25% less sodium per reference amount than an appropriate reference food</p> <p>Reference food may not be "Low Sodium"</p>	<p>"Light" (for sodium reduced products): if food is "Low Calorie" and "Low Fat" and sodium is reduced by at least 50%</p> <p>"Light in Sodium": if sodium is reduced</p>

	<p>understood to contain sodium except as noted below^(*)</p>			<p>by at least 50% per reference amount. Entire term "Light in Sodium" must be used in same type, size, color & prominence. Light in Sodium for meals = "Low in Sodium"</p> <p>"Very Low Sodium": 35 mg or less per reference amount (and per 50 g if reference amount is small). For meals and main dishes: 35 mg or less per 100 g</p> <p>"Salt Free" must meet criterion for "Sodium Free"</p> <p>"No Salt Added" and "Unsalted" must conditions of use and must declare "This is Not A Sodium Free Food" on information panel if food is not "Sodium Free"</p> <p>"Lightly Salted": 50% less sodium than normally added to reference food and if not "Low Sodium", so labeled on</p>
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Nutrient	Free	Low	Reduced/Less	Comments
Sugars 21 CFR 101.60(c)	<p>"Sugar Free": Less than 0.5 g sugars per reference amount and per labeled serving (or for meals and main dishes, less than 0.5 g per labeled serving)</p> <p>No ingredient that is a sugar or generally understood to contain sugars except as noted below^(*)</p> <p>Disclose calorie profile (e.g., "Low Calorie")</p>	Not Defined. No basis for recommended intake	<p>At least 25% less sugars per reference amount than an appropriate reference food</p> <p>May not use this claim on dietary supplements of vitamins and minerals</p>	<p>"No Added Sugars" and "Without Added Sugars" are allowed if no sugar or sugar containing ingredient is added during processing. State if food is not "Low" or "Reduced Calorie"</p> <p>The terms "Unsweetened" and "No Added Sweeteners" remain as factual statements</p> <p>Claims about reducing dental caries are implied health claims</p> <p>Does not include sugar alcohols</p>

Notes: * Except if the ingredient listed in the ingredient statement has an asterisk that refers to footnote (e.g., "* adds a trivial amount of fat").

- "Reference Amount" = reference amount customarily consumed.
- "Small Reference Amount" = reference amount of 30 g or less or 2 tablespoons or less (for dehydrated foods that are typically consumed when rehydrated with water or a diluent containing an insignificant amount, as defined in 21 CFR 101.9(f)(1), of all nutrients per reference amount, the per 50 g criterion refers to the prepared form of the food).
- When levels exceed: 13 g Fat, 4 g Saturated Fat, 60 mg Cholesterol, and 480 mg Sodium per reference amount, per labeled serving or, for foods with small reference amounts, per 50 g, a disclosure statement is required as part of claim

(e.g., "See nutrition information for ___content" with the blank filled in with nutrient(s) that exceed the prescribed levels).

[Chapter VI: Questions 1 - 25](#)

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[Appendix B](#) Relative (or Comparative) Claims

[Appendix C](#) Health Claims

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