



Label Reading Lingo

Here's a list of common phrases you may see on food packages - and what they *actually* mean!



- No fat or fat free: Contains less than 1/2 gram of fat *per serving*
- Lower or reduced fat: Contains at least 25 percent less *per serving* than the reference food. (An example might be reduced fat cream cheese, which would have at least 25 percent less fat than original cream cheese.)
- Low fat: Contains less than 3 grams of fat *per serving*
- Lite: Contains 1/3 the calories or 1/2 the fat *per serving* of the original version or a similar product
- No calories or calorie free: Contains less than 5 calories *per serving*
- Low calorie: Contains 1/3 the calories of the original version or a similar product
- Sugar free: Contains less than 1/2 gram of sugar *per serving*
- Reduced sugar: at least 25% less sugar *per serving* than the reference food
- No preservatives: Contains no preservatives (chemical or natural)
- No preservatives added: Contains no added chemicals to preserve the product; some of these products may contain natural preservatives
- Low sodium: contains less than 140 mgs of sodium *per serving*
- No salt or salt free: Contains less than 5 mgs of sodium *per serving*
- High fiber: 5 g or more per serving (Foods making high-fiber claims must meet the definition for low fat, or the level of total fat must appear next to the high-fiber claim)
- Good source of fiber: 2.5 g to 4.9 g. *per serving*
- More or added fiber: Contains at least 2.5 g more *per serving* than the reference food

