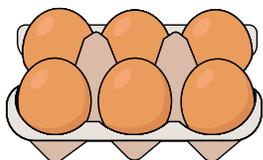
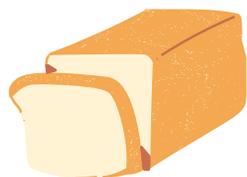


HEALTH SOLUTIONS

A monthly newsletter to give you the solutions to living a healthier life!

NUTRITION CLAIMS AND WHAT IT MEANS



| TYPE OF CLAIM | CLAIM | WHAT IT MEANS |
|------------------|--|---|
| NUTRIENT CONTENT | <i>High, Excellent Source, Rich In</i> | 20% or more of the Daily Value |
| | <i>Good Source</i> | 10% to 19% of the Daily Value |
| | <i>More</i> | Contains at least 10% more of the Daily Value for vitamins, minerals, protein, dietary fiber, or potassium compared to the regular food this would replace |
| | <i>Less or Fewer</i> | Has 25% less of a nutrient or of calories |
| | <i>Light</i> | Has at least 1/3 fewer calories or 50% less fat compared to the regular food this would replace If more than half the calories are from fat, fat content must be reduced by 50% or more |
| | <i>Healthy</i> | Set in 1994, the existing definition has limits for total fat, saturated fat, cholesterol and sodium. To qualify, foods must also provide at least 10% of the Daily Value for one or more of the following nutrients: vitamin A, vitamin C, calcium, iron, protein and fiber. The FDA is currently in the processes of updating this claim to align with current recommendations. |
| CALORIE | <i>Calorie free</i> | Less than 5 calories |
| | <i>Low calorie</i> | 40 calories or less |
| | <i>Reduced calories</i> | At least 25% fewer calories compared to the regular food this would replace |
| FAT | <i>Fat free</i> | Less than 0.5 gram fat |
| | <i>Low fat</i> | 3 grams or less total fat |
| | <i>Reduced fat</i> | At least 25% less fat than the regular version |
| SATURATED FAT | <i>Saturated fat free</i> | Less than 0.5 gram saturated fat and less than 0.5 gram trans fatty acids |
| | <i>Low in saturated fat</i> | 1 gram or less saturated fat & no more than 15% calories from saturated fat |
| | <i>Reduced saturated fat</i> | At least 25% less saturated fat compared to the regular food this would replace and reduced by more than 1 gram fat |
| LEAN | <i>Lean</i> | Contains less than 10 grams total fat, 4.5 grams or less saturated fat, and less than 95 milligrams cholesterol |
| | <i>Extra lean</i> | Contains less than 5 grams total fat, less than 2 grams saturated fat, and less than 95 milligrams cholesterol |
| SODIUM | <i>Sodium free or salt free</i> | Less than 5 milligrams sodium |
| | <i>Very low sodium</i> | 35 milligrams of sodium or less |
| | <i>Low sodium</i> | 140 milligrams of sodium or less |
| | <i>Reduced sodium</i> | At least 25% less sodium compared to the regular food this would replace |
| | <i>Light in sodium</i> | At least 50% less sodium |
| FIBER | <i>Salt free</i> | Less than 5 milligrams sodium |
| | <i>High fiber</i> | 5 grams or more |
| | <i>Good source of fiber</i> | 2.5 grams to 4.9 grams |
| SUGAR | <i>More or added fiber</i> | At least 2.5 grams more compared to the regular food this would replace |
| | <i>Sugar free</i> | Less than 0.5 gram sugars |
| | <i>Reduced sugar</i> | At least 25% less sugar compared to the regular food this would replace |

Source: U.S. Food and Drug Administration Qualified Health Claims (<https://www.fda.gov/food/food-labeling-nutrition/qualified-health-claims>) and Clemson Cooperative Extension Home & Garden Information Center (<https://hgic.clemson.edu/factsheet/nutrient-claims-on-food-labels/>)