

Food Label Nutrient Claims

Name _____ Date _____ Period _____

Nutrient claims on food product labels must meet certain definitions. Match the following definitions of common nutrient claims with the appropriate label terms.

Definitions of Nutrient Claims

- _____ 1. Allows frequent consumption of that type of food without exceeding dietary guidelines.
- _____ 2. An amount that is nutritionally trivial.
- _____ 3. At least 2.5 grams of fiber more per serving than the reference food.
- _____ 4. Calories are at least one-third less than the comparable product.
- _____ 5. Can be used for calories, cholesterol, fat, sodium, or sugar if the food contains 25% less than the comparison food.
- _____ 6. Less than 0.5 grams of fat per serving.
- _____ 7. Less than 0.5 grams of sugar per serving.
- _____ 8. Less than 140 milligrams of sodium per 100 grams of food.
- _____ 9. Less than 40 calories per serving or 100 grams of food.
- _____ 10. Less than 5 calories per serving.
- _____ 11. Less than 5 milligrams of sodium per serving.
- _____ 12. No more than 25% of the fat of the comparable food.
- _____ 13. One gram or less of saturated fat per serving and not more than 15% of the calories from saturated fat.
- _____ 14. The described nutrient is reduced by at least 25%.
- _____ 15. Three grams of fat or less per serving or 100 grams of food.

Food Label Terms

- A. calorie free
- B. fat free
- C. free
- D. less
- E. light
- F. low
- G. low calorie
- H. low fat
- I. low in saturated fat
- J. low sodium
- K. low sugar
- L. more fiber
- M. reduced
- N. reduced fat
- O. salt or sodium
- P. sugar free