

THE LOWDOWN ON LABELS

Food labels can help you choose items that are lower in sodium, saturated and total fat, trans fat, cholesterol, and calories. When you grocery shop, look for these claims on cans and other packaging—and use this printable guide to find out what each claim really means.

SODIUM CLAIMS – WHAT THEY MEAN

- **Sodium free or salt free** Less than 5 mg of sodium per serving
- **Very low sodium** 35 mg or less per serving
- **Low sodium** 140 mg or less per serving
- **Low sodium meal** 140 mg or less per 3 1/2 ounces
- **Reduced or less sodium** At least 25 percent less per serving than the regular version.
- **Unsalted or no salt added** No salt added during processing.

FAT CLAIMS – WHAT THEY MEAN

- **Fat free** Less than 1/2 gram of fat per serving
- **Low saturated fat** 1 gram or less of saturated fat per serving
- **Reduced fat** At least 25 percent less fat per serving than the regular version
- **Light** 50 percent less fat than the regular version

CALORIE CLAIMS – WHAT THEY MEAN

- **Calorie free** Less than 5 calories per serving
- **Low calorie** 40 calories or less per serving
- **Reduced or less calories** At least 25 percent fewer calories per serving than the regular version.
- **Light or “lite”** Half the fat or one-third of the calories per serving of the regular version



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