












Resource 4

15.2 Nutrient Claims




Examples of nutrient claims are required to put up a NIP for consumers to refer to the actual amount of nutrients present

Term	Meaning
<p>1. Calorie free</p>  <p>(Source: http://static.caloriecount.about.com/images/medium/kroger-sweetener-calorie-free-3523.jpg retrieved 20/5/2014)</p>	<p>Less than 5 calories</p>
<p>2. Sugar free</p>  <p>(Source: http://embracediabetes.files.wordpress.com/2011/02/strawberry-sf-jello.jpg retrieved 20/5/2014)</p>	<p>Less than 0.5 grams of sugar</p>
<p>3. Fat free</p>  <p>(Source: http://i.walmartimages.com/i/p/00/04/06/00/47/0004060047001_500X500.jpg retrieved 20/5/2014)</p>	<p>Less than 0.5 grams of fat</p>

<p>4. Low fat</p>  <p>(Source: http://www.leggomyezzo.com/_res/i/product-images/hero-shots/waffles/NutriGrain-Low-Fat.jpg retrieved 20/5/2014)</p>	<p>3 grams of fat or less</p>
<p>5. Reduced fat or less fat</p>  <p>(Source: http://www.rankopedia.com/CandidatePix/109304.gif retrieved 20/5/2014)</p>	<p>At least 25 percent less fat than the regular product</p>
<p>6. Low in saturated fat</p>  <p>(Source: http://i.walmartimages.com/i/p/00/03/76/01/00/0003760100555_500X500.jpg retrieved 20/5/2014)</p>	<p>1 gram of saturated fat or less, with not more than 15 percent of the calories coming from saturated fat</p>
<p>7. Lean</p>  <p>(Source: http://www.forestasmarket.com/wp-content/uploads/2012/03/scan0059-440x300.jpg retrieved 20/5/2014)</p>	<p>Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol</p>

<p>8. Extra lean</p>  <p>(Source: http://cdn01.faithfulprovisions.com/wp-content/uploads/2011/01/Jennie-O-Extra-Lean-Turkey-Bacon.jpg retrieved 20/5/2014)</p>	<p>Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol</p>
<p>9. Light (lite)</p>  <p>(Source: http://i.walmartimages.com/i/p/00/03/70/00/21/0003700021147_500X500.jpg retrieved 20/5/2014)</p>	<p>At least one-third fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product</p>
<p>10. Cholesterol free</p>  <p>(Source: http://www.hellmanns.com/Images/380/380-97864.png retrieved 20/5/2014)</p>	<p>Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat</p>
<p>11. Low cholesterol</p>  <p>(Source: http://www.mouseprint.org/wp-content/avert/cheerios4.jpg retrieved 20/5/2014)</p>	<p>20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat</p>

<p>12. Reduced cholesterol</p>  <p>(Source: http://www.peerlessfoods.com.au/prodcatalogue/product/18611/18611_1.png retrieved 20/5/2014)</p>	<p>At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat</p>
<p>13. Sodium free</p>  <p>(Source: http://eatlowsodium.com/osc/images/sodium-free-broth.jpg retrieved 20/5/2014)</p>	<p>Less than 5 milligrams of sodium and no sodium chloride in ingredients</p>
<p>14. Very low sodium</p>  <p>(Source: http://www.shockinglydelicious.com/wp-content/uploads/2013/04/Bumble-Bee-Very-Low-Sodium-Solid-White-Albacore.jpg retrieved 20/5/2014)</p>	<p>35 milligrams or less of sodium</p>
<p>15. Low sodium</p>  <p>(Source: http://images.businessweek.com/ss/07/08/0814_softdrinks/image/ritz.jpg retrieved 20/5/2014)</p>	<p>140 milligrams or less of sodium</p>

<p>16. Reduced or less sodium</p>  <p>(Source: http://mytindahan.net/image/data/kaban/supervendor/a2487.jpg retrieved 20/5/2014)</p>	<p>At least 25 percent less sodium than the regular product</p>
<p>17. High fiber</p>  <p>(Source: http://www.meijer.com/assets/product_images/styles/xlarge/1001029_030000261927_A_400.jpg retrieved 20/5/2014)</p>	<p>5 grams or more of fiber</p>
<p>18. Good source of fiber</p>  <p>(Source: http://www.nutritionunplugged.com/wp-content/uploads/2009/09/6a010536e3fd46970c011168528c33970c-320wi.jpg retrieved 20/5/2014)</p>	<p>2.5 to 4.9 grams of fiber</p>