

Jamison: Patient Education and Wellness

HANDOUT 9.2: FOOD LABELS

Check your understanding of food labels:

<http://nhlbisupport.com/chd1/FoodLabel/foodlabel.htm>

http://www.keepkidshealthy.com/nutrition/food_labels.html

Interpreting food labels:

<http://www.mayoclinic.com/health/nutrition-facts/NU00293>

Ingredient labelling requires a listing of constituents in order of concentration, except for water, which may be listed last.

Date marking. Foods with a life of longer than 2 years need not be date marked; foods with a shelf life of between 90 days and 2 years require either a 'packed by' or 'use by' date. Foods with a shelf life of less than 90 days require a 'use by' date; a 'packed by' date is optional.

The following provides a general guideline to definitions:*

	Claim	Meaning
Food	Healthy	'Low fat', 'low saturated fat', 60 mg or less cholesterol per serving 'Extra lean' (if raw meat, poultry and fish) At least 10% of Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fibre per serving 360 mg or less sodium per serving
Energy	Diet	At least 60% less energy than regular product
	Calorie-free	Less than 5 kcal per serving
	Low calorie	Energy content: 40 kcal or less per serving or 0.4 kcal or less per gram
	Reduced or fewer calories	At least 25% fewer calories per serving than the reference food
Energy	Light	One-third fewer calories or half the fat of the reference food – if the food derives 50% or more of its calories from fat, the reduction must be 50% of the fat
Energy/ sodium	Light	A 'low-calorie', 'low-fat' food whose sodium content has been reduced by at least 50% from the reference food
Sodium	Light	At least 50% less sodium than the reference food and may be used on foods that are not 'low calorie' and 'low fat'
	Reduced sodium	At least 75% less sodium than the food replaced
	Low sodium	No more than 120 mg sodium per serving
	Very low sodium	No more than 35 mg sodium per serving
	Salt-free	Less than 5 mg sodium per serving
Fat	Fat-free	Less than 0.5 g fat per serving
	Low fat	3 g or less total fat per (30 g) serving and less than 10% fat dry

		weight
	Reduced/less fat	At least 25% less fat per serving than the reference food
	Saturated fat free	Less than 0.5 g saturated fat and less than 0.5 g <i>trans</i> fatty acids per serving
	Low saturated fat	1 g or less saturated fat per serving and not more than 15% of calories from saturated fatty acids
	Reduced or less saturated fat	At least 25% less saturated fat per serving than the reference food
	Cholesterol-free	Less than 2 mg cholesterol and 2 g or less saturated fat per serving
	Low cholesterol	20 mg or less cholesterol and 2 g or less saturated fat per serving [†]
	Reduced or less cholesterol	At least 25% less cholesterol than the reference food and 2 g or less of saturated fat per serving
Meat/ Fish	Lean	Less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per (100 g) serving
	Extra lean	Less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per (100 g) serving
Fibre [‡]	High fibre	5 g or more per serving
	Good source fibre	2.5 g to 4.9 g per serving
	More or added fibre	At least 2.5 g more fibre per serving than the reference food (Label will say 10 percent more of the Daily Value for fibre)
Sugar [§]	Sugar-free	Less than 0.5 g per serving
	No added sugar, without added sugar, no sugar added	No sugar or ingredients that functionally substitute for sugar added during processing or packing. No ingredients made with added sugars, such as jams, jellies, or concentrated fruit juice
	No added sugar, not for weight control/not low calorie	No reduction in total calories, no sugar or equivalent added during processing
	Reduced sugars	At least 25% less sugar than the reference food
Any food	Light/Lite	The label must specify the characteristics of the food that makes it light

* National Food Authority. Code of Practice on Nutrient Claims in Food Labels and in Advertisements. Canberra: National Food Authority; 1995.

[†] If the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food.

[‡] Foods making claims about increased fibre content also must meet the definition for 'low fat' or the amount of total fat per serving must appear next to the claim.

[§] Includes brown sugar, corn sweetener, corn syrup, fructose, fruit juice concentrate, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sugar (sucrose), syrup. A food is likely to be high in sugars if one of the above terms appears first or second in the ingredients list, or if several of them are listed.

[¶] Indicates a reduction in calories from sugars, not from fat, protein and other carbohydrates.

Confirm you understand food labels:

<http://www.cfsan.fda.gov/~dms/flquiz1.html>

Analysis of food health claims:

<http://www.cfsan.fda.gov/~dms/qhc-sum.html>