

Nutrient Claims

What they mean

There are many nutrition claims that can be put on food packets. These may help you make choices about the food you are buying but it still pays to read the nutrition information panel. See the 'Reading Food Labels' handout for more information.

Nutrition Claim	What does it mean?
Low fat	Must have no more than 3 g fat per 100 g of solid food or no more than 1.5 g fat per 100 ml of liquid food.
Fat free	Must have no more than 0.15 g fat per 100 g of food.
Reduced fat	Must have at least 25 per cent less fat than in the same quantity of the original food. May still be high in fat. Check the label.
Low cholesterol	No more than 10 mg cholesterol per 100 ml of liquid food or 20 mg per 100 g of solid food. The food must also be low in fat.
Toasted or oven baked	This food is likely to have been cooked in oil or fat and may be high in fat. It is best to check the label.
Low salt/sodium	Must have no more than 120 mg of sodium per 100 g of food.
No added salt	No extra salt has been added.
Reduced salt	Must have at least 25 per cent less salt than the original food. May still be high in salt. Check the label.

Nutrition Claim	What does it mean?
Low in sugar	Must have no more than 5 g of sugar per 100 g of solid food or 2.5 g of sugar per 100 ml of liquid food.
No added sugar	No extra sugar has been added, but the food may still have a large amount of natural sugar. Check the ingredients list.
Reduced sugar	Must have at least 25 per cent less sugar than in the same quantity of the original food. May still be high in sugar. Check the label.
Sugar free	Must have no more than 0.2 g of sugar per 100 g.
Unsweetened	The food or drink must have no added sugar or artificial sweetener.
Low joule or low calorie	Must have no more than 170 kJ per 100 g of food, or no more than 80 kJ per 100 ml of liquid food. Products are usually artificially sweetened.
Good source or high in fibre	Must have at least 4 g dietary fibre per serve of food.
Excellent source or very high in fibre	Must have at least 7 g dietary fibre per serve of food.