

# Touch Of Heaven's Organic Shop



## Definition's of Nutrition

### A LIST OF COMMON NUTRITIONAL TERMS

**Fat Free:** Product has less than 1/2 (0.5) grams of fat per serving

**99% Fat Free:** Every 100 grams of food will have 1 gram or less of fat

**Low Fat:** Product has 3 grams of fat or less per serving

**Light (Lite):** Product has 33% fewer calories of 50% less fat per serving than a comparable product.

**Lean:** For meat and poultry only. Product has less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving.

**Low Calorie:** Product has 40 calories or less per serving

**Saturated Fat Free:** Product has less than 0.5 grams saturated fat per serving. This value will be rounded to zero.

**Trans Fat Free:** Product has less than 0.5 grams trans fat per serving. This value will be rounded to zero.

**Low in Saturated Fat:** Product has 1 gram or less saturated fat per serving.

**Cholesterol Free:** Product has less than 2 milligrams of cholesterol per serving. This value will be rounded to zero.

**Low Cholesterol:** Product has 20 milligrams or less cholesterol and 2 grams or less of saturated fat per serving.

**Sodium Free:** Product has less than 5 milligrams of sodium per serving. This value will be rounded to zero.

**Very Low Sodium:** Product has 35 milligrams or less of sodium per serving.

**Low Sodium:** Product has 140 milligrams or less of sodium per serving.

**Good Source:** Used for fiber, protein, vitamins, or minerals. Product has at least 10% of the Daily Value for that particular nutrient.

**High in (Excellent Source):** Used for fiber, protein, vitamins or minerals. Product has at least 20% of the Daily Value for the particular nutrient.