



## Healthy Living at Hannaford

### Food Package Claims

### What They Mean

**Fat Free**

Less than 0.5 grams of fat per serving

**Light or Lite**

One-third fewer calories, or half the fat, of the reference food. If the food derives 50% or more of the calories from fat, the reduction must be 50%.

**Low Sodium**

140 mg or less per serving

**Low Calorie**

40 calories or less per serving

**Low Cholesterol**

20 mg or less cholesterol and 2 grams or less saturated fat per serving

**Low Fat**

3 grams or less of fat per serving

**No Trans-Fat/Trans-Fat Free**

Less than 0.5 grams per serving

**Reduced, Less, Fewer**  
(such as Reduced Fat  
or Reduced Sodium)

Nutritionally altered to contain at least 25% less of the nutrient, or of the calories, than the reference food. Reduced claims cannot be made if it is already labeled as low.

**All Natural/ 100% Natural**

The natural food claim on a processed food has no standard definition and really has no meaning at all, for which an item labeled natural may not contain any artificial flavors, colors, or chemical preservatives. Note that, in the processed food arena, a "natural" product can be virtually anything – genetically modified, full of pesticides, made with corn syrup, additives, preservatives and artificial ingredients.

**Cholesterol Free**

Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving

**Gluten Free**

Currently, there is no FDA regulation that defines the term "gluten free". However, the FDA has not objected to the use of the term "gluten free" in the labeling of foods, provided that, when such a claim is made, it is truthful and not misleading. Yet, some foods with the gluten-free label will still contain gluten.

**Certified Gluten Free**

Look for the Gluten Free Certification Organization (GFCO) GF symbol to ensure product is gluten free. As a Global program, the GFCO uses the highest standards for gluten-free ingredients and a safe processing environment based on a continual review of the current scientific and testing methodologies.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).