

Quick Comparison of Commonly-Used Nutrient Content Claims Canadian vs. U.S. Qualifying Criteria

Claim Category	Nutrient Content Claim	Canadian Qualifying Criteria	U.S. Qualifying Criteria
Fat-Related	Free of Fat	Less than 0.5g fat per serving	Less than 0.5g fat per serving, and includes no ingredients that contain fat*
	Low in Fat	3g or less fat per serving	3g or less fat per serving
	Free of Saturated Fat	Less than 0.2g saturated fat and less than 0.2g trans fat per serving	Less than 0.5g saturated fat and less than 0.5g trans fat per serving, and includes no ingredients that contain saturated fat*
	Low in Saturated Fat	2g or less of the sum of saturated + trans fats per serving, and not more than 15% of calories from the sum of saturated + trans fats	1g or less saturated fat per serving, and not more than 15% of calories from saturated fat
	Free of Trans Fat	Less than 0.2g trans fat per serving, and meets criteria for "Low in Saturated Fat"	Not permitted in U.S.
Cholesterol-Related	Free of Cholesterol	Less than 2mg cholesterol per serving, and meets criteria for "Low in Saturated Fat"	Less than 2mg cholesterol and 2g or less saturated fat per serving, and includes no ingredients that contain cholesterol*
	Low in Cholesterol	20mg or less cholesterol per serving, and meets criteria for "Low in Saturated Fat"	20mg or less cholesterol and 2g or less saturated fat per serving
Sodium- or Salt-Related	Free of Sodium	Less than 5mg sodium per serving	Less than 5mg sodium per serving, and does not contain salt or other sodium-containing ingredients*
	Very Low in Sodium	Not permitted in Canada	35mg or less sodium per serving
	Low in Sodium	140mg or less sodium per serving	140mg or less sodium per serving
Fibre-Related	Source of Fibre	2g or more fibre per serving	Not permitted in U.S.
	High Source of Fibre (Good Source of Fiber in U.S.)	4g or more fibre per serving	2.5-4.9g fiber per serving
	Very High Source of Fibre (Excellent Source of Fiber in U.S.)	6g or more fibre per serving	5g or more fiber per serving
Vitamins and Minerals	Source of [Vitamin/Mineral]	At least 5% of RDI per serving	Not permitted in U.S.
	Good Source of [Vitamin/Mineral]	At least 15% of RDI per serving (at least 30% of RDI for vitamin C)	10-19% DV per serving
	Excellent Source of [Vitamin/Mineral]	At least 25% of RDI per serving (at least 50% of RDI for vitamin C)	At least 20% DV per serving



"Per serving" means per reference amount and per labelled serving. However, if a product has a small serving size (i.e., reference amount of 30g or 30mL or less in Canada – or 30g or 2 Tbsp or less in U.S.), then the nutrient levels for the claim must be met on a 50 gram basis. Also, there are different criteria for "main dishes" and "meals" (for U.S.) and "prepackaged meals" (for Canada).

**Exceptions are allowed if the relevant ingredient is asterisked in the ingredient statement and footnoted as required.*

