

# FOOD LABELS 1-2-3

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Part 2 - Pittsburgh Pirates Sports Nutrition & Fueling

**Continuing our close look at nutrition labels, here are a number of phrases you'll find in the grocery store aisles. Low vs Reduced vs Free... We'll help you translate!**

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## **LOW CALORIE**

40 calories or less per serving

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## **LOW CHOLESTEROL**

20 milligrams or less and 2 grams or less of saturated fat per serving

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## **REDUCED**

At least 25 percent less of the specified nutrient or calories than the usual product

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## **GOOD SOURCE OF**

Provides at least 10 to 19 percent of the Daily Value of a particular vitamin or nutrient per serving

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## **CALORIE FREE**

Less than five calories per serving

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## **FAT FREE/SUGAR FREE**

Less than 1/2 gram of fat or sugar per serving

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## **LOW SODIUM**

140 milligrams or less of sodium per serving

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## **HIGH IN**

Provides 20 percent or more of the Daily Value of a specified nutrient per serving

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