

Sugars Claims

- "Sugar Free" means < 0.5 g sugars/reference amount (Does not include sugar alcohols)
 - No added ingredients that is a sugar without asterisk statement
 - Disclose calorie profile (e.g., "Low calorie")
- "Reduced/Less Sugar" means $\geq 25\%$ reduction

Sugars Claims

- "No Added Sugar" means:
 - No sugars (or ingredient containing sugar that functionally substitutes for added sugar) added during processing
 - Food it resembles usually contains sugars
 - No ingredient containing added sugars
 - Sugars content not increased by other means
 - Disclose calorie profile

Fiber Claims

If fiber claims are made on a food not low in total fat, must disclose amount of total fat

"High in dietary fiber. Contains 5 g of total fat/serving. See side panel for nutrition information"