

Sodium Claims

- "Salt free" - Meets criteria for sodium free
- "No salt added", "unsalted" - No salt added during processing

Food it resembles normally processed with salt

If not sodium free, declare "Not a sodium free food" on information panel
- "Lightly salted" - at least 50% less sodium than normally added to reference food. If not "low sodium", so state on information panel"

Claims for Meals and Main Dishes

- "Free" - Same as for individual foods (except calories)
- "Low" - Definition for individual food but on 100 g basis (except "low calorie" is ≤ 120 calories/100 g)
- "Light" - Meets definition for "low calorie" or "low fat" meal and label states which definition food meets, or meets definition for "low in sodium" and uses term "Light in sodium" in uniform type size, style, color, and prominence
- "Reduced/Less" - Means $\geq 25\%$ reduction and reference food may not be "low" in nutrient
- "High" and "Good Source" - Not defined for meals and main dishes but may describe individual food in product

Meal-type Products

- Meals-
 - Weighs at least 10 oz per labeled serving
 - Contains not less than 40 g of 3 foods from 2 or more of the 4 food groups
 - Is represented as breakfast, lunch, dinner or meal
- Main Dish
 - Weighs at least 6 oz per labeled serving
 - Contains not less than 40 g of 2 foods from 2 or more of the 4 food groups
 - Is represented as a main dish (not beverage or dessert)