



Added Sugars: Sugar in food can be naturally occurring or added. Naturally occurring sugars are found in foods such as fruit (fructose) and milk (lactose). Added sugars include any caloric sweetener not naturally found in a food that is added during processing or preparation. Some common names for added sugars are: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, turbinado sugar, trehalose and sucrose. [Learn more.](#)

Condiment: A food product that is added to other foods to impart a particular flavor, enhance flavor or complement the dish. It may be applied by the diner or added prior to serving. Traditional condiments such as ketchup, mustard and mayonnaise can be high in sodium, added sugars and/or saturated and *trans* fats, so they should be used sparingly, served on the side for the diner to apply, or substituted with healthier alternatives.

Daily Value (DV): A reference value on the Nutrition Facts label that tells you the percent of the recommended daily amount of each nutrient in a single serving, usually based on a 2,000-calorie per day diet.

Dietary Fiber: Dietary fiber describes several materials that make up the parts of plants your body can't digest. Whole grains and fruits and vegetables include dietary fiber, while most refined (processed) grains contain little fiber. Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods help provide a feeling of fullness with fewer calories and so may help with weight management. [Learn more.](#)

Fat-Free/Non-Fat: Products labeled fat-free must contain less than 0.5 grams of fat per serving. The FDA regulates the use of this term (and similar claims) by food manufacturers; check www.fda.gov/food for more details.

Legumes: Grain legumes (also called pulses) include beans, lentils, peas and peanuts. Legumes are typically good sources of protein and fiber.

Low-Fat: Products labeled low-fat must contain no more than 3 grams of fat per serving. The FDA regulates the use of this term (and similar claims) by food manufacturers; check www.fda.gov/food for more details.

Meal: A combination of foods and beverages intended for breakfast, lunch or dinner, which includes two or more items from recommended food groups (grains, dairy, protein, and fruits and vegetables) served in combination.

Non-Nutritive Sweetener: A food additive that duplicates the effect of sugar in taste, usually with less calories (sometimes called non-caloric sweetener). Some sugar substitutes are natural (stevia) and some are synthetic (aspartame, saccharin, sucralose). Those that are not natural are sometimes called artificial sweeteners. [Learn more.](#)

Nutrition Facts Label: An information panel required on most packaged foods and used by consumers to evaluate and compare nutritional value. In addition to the Nutrition Facts label, products may display other nutrition information or health claims on the package. Health claims are regulated by the FDA. [Learn more.](#)

Omega-3 Fatty Acids: Omega-3 fatty acids are essential fats that your body doesn't make but needs to function properly. Omega-3 fatty acids, particularly EPA and DHA, have been shown to benefit the heart. They can decrease the risk of arrhythmias (abnormal heartbeats), decrease triglyceride levels, slow the growth rate of atherosclerotic plaque and lower blood pressure. [Learn more.](#)

Portion: The amount of a food or beverage served for consumption by one person at one time; sometimes called a serving or helping. Portion is a subjective amount and can vary. It does not necessarily equal serving size, which is a standardized unit of measuring foods. One portion may contain more than one label serving.

Reference Amount Customarily Consumed (RACC):

The amount of a food or beverage customarily consumed by one person at one time, as determined by the FDA/USDA. A standardized serving size used as the basis for values on a Nutrition Facts label, RACC is often, but not always, the same as the label serving size.

Serving/Serving Size/Label Serving Size: A

standardized amount of food or beverage, such as a cup or an ounce, used in providing nutrition information. Serving size is referenced on the Nutrition Facts label for ease of comparison of nutrition information. It is not a dietary recommendation. One package or container of food or beverage may contain more than one serving.

Snack: Food or beverage consumed between meals that tends to be smaller than a meal. This can refer to food served at a meeting break, items in vending machines or foods brought from home by employees.

Sodium: A mineral that helps regulate the body's water balance, maintains normal heart rhythm and is responsible for nerve impulse conduction and muscle contraction. Getting too much sodium from food and beverages contributes to high blood pressure in some people because it holds excess fluid in the body, creating an added burden on the heart. Excess sodium can also increase your risk for stroke and heart failure. Salt and sodium are often used interchangeably, but they're not exactly the same thing. Sodium is a mineral that occurs naturally in foods or is added during manufacturing or both. Table salt is a combination of sodium and chloride. By weight, it is about 40 percent sodium and 60 percent chloride.

Sugar-Sweetened Beverage: A beverage sweetened with various forms of sugar that add calories. Examples include soda, fruit drinks, sports/energy drinks, tea drinks.

Sugars/Total Sugars: The total amount of sugars in a food or beverage including those occurring naturally and those added during processing and preparation. The "Sugars" amount on the Nutrition Facts label currently includes both types, not just Added Sugars.

Vegetarian/Vegan: The **vegan** or **total vegetarian** diet includes only foods from plants: fruits, vegetables, legumes, grains, seeds and nuts. The **lacto-vegetarian** diet includes plant foods plus cheese and other dairy products. The **ovo-lacto-vegetarian** (or **lacto-ovovegetarian**) diet also includes eggs. A **semi-vegetarian** (or pescetarian) diet may include seafood and poultry, and sometimes other meats on an infrequent basis. [Learn more.](#)

Whole-Grain: Grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ and endosperm. Whole grains are generally good sources of dietary fiber. Examples include whole-wheat flour, oatmeal, whole cornmeal, brown rice and bulgur. Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories and so may help with weight management. [Learn more.](#)

