

Demystifying **Fatspeak**



If you're concerned about the amount of fat in your diet (and of course you are), you should understand the government definitions of words describing the amounts of fat in various foods.

Here are the definitions:

- **Fat-free:** Less than 0.5 grams of fat per serving
- **Lowfat:** Less than 3 grams of fat per serving
Reduced fat: 25 percent less fat when compared with a similar food
- **Lean meat:** Less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 milligrams of cholesterol per serving
- **Low saturated fat:** 1 gram or less of saturated fat and no more than 15 percent of calories from saturated fat
- **Cholesterol-free:** Less than 2 milligrams of cholesterol per serving or 2 grams or less of saturated fat per serving
- **Low cholesterol:** Less than 20 milligrams of cholesterol or less than 2 grams of saturated fat per serving
- **Reduced cholesterol:** At least 25 percent less cholesterol compared to a similar food and 2 grams or less of saturated fat

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