

**Permitted Nutrient Content Claim**

<b>Component</b>	<b>Description of the claim</b>
<b>Energy</b>	(1) “Low” (2) “Free”
<b>Total Fat</b>	(1) “Low” (2) “Free”
<b>Saturated Fat</b>	(1) “Low” (2) “Free”
<b>Trans Fat</b>	(1) “Free”
<b>Cholesterol</b>	(1) “Low” (2) “Free”
<b>Sugars</b>	(1) “Low” (2) “Free”
<b>Sodium</b>	(1) “Low” (2) “Very low” (3) “Free”
<b>Protein</b>	(1) “Low” (2) “Source” (3) “High”
<b>Vitamins and Minerals</b> <i>(those with specified conditions)</i>	(1) “Source” (2) “High”
<b>Dietary Fibre</b>	(1) “Source” (2) “High”

### Synonyms for Nutrient Content Claims (Examples)

Claim	Synonyms	Signs / Symbols
Low	<ul style="list-style-type: none"><li>• Little</li><li>• Low source</li><li>• Few</li><li>• Contains a small amount of</li></ul>	
Very low (Sodium only)	<ul style="list-style-type: none"><li>• Extremely low</li><li>• Super low</li></ul>	
Free	<ul style="list-style-type: none"><li>• Zero / 0</li><li>• No</li><li>• Contains no</li><li>• Without</li><li>• Off</li><li>• Does not contain</li></ul>	<ul style="list-style-type: none"><li>• ✕</li></ul>
Source	<ul style="list-style-type: none"><li>• Contains</li><li>• Provides</li><li>• Has</li><li>• With</li></ul>	<ul style="list-style-type: none"><li>• ✓</li></ul>
High	<ul style="list-style-type: none"><li>• High source</li><li>• Good source of</li><li>• A valuable source of</li><li>• Rich in</li><li>• Plenty of</li></ul>	