

# FINAL DRAFT National Park Service Healthy and Sustainable Food Choice Glossary



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### National Park Service Healthy and Sustainable Food Program Glossary

This glossary contains common definitions and sources of terms used in the *Healthy and Sustainable Food Choices Table*. These terms are used in the U.S. Department of Health and Human Services *Health and Sustainability Standards for Use in Federal Food Procurement for Concessions and Vending Operations, Dietary Guidelines for Americans, 2010*, and *21 CFR Part 101, Food Labeling* and from several other sources such as state, local, and institutional standards were used where federal criteria were not available.

#### **Fair Trade**

Fairtrade International: Fair Trade - defines a trading partnership, based on dialogue, transparency and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers – especially in developing countries.

[http://www.fairtrade.net/fileadmin/user\\_upload/content/2009/about\\_fairtrade/Fair\\_Trade\\_Glossary.pdf](http://www.fairtrade.net/fileadmin/user_upload/content/2009/about_fairtrade/Fair_Trade_Glossary.pdf)

#### **Genetically Modified Organisms**

Consistent with 7 CFR 205, “excluded methods”, organisms whose growth and development has been influenced by means that are not possible under natural conditions or processes and are not considered compatible with organic production. Such methods include cell fusion, microencapsulation and macroencapsulation, and recombinant DNA technology (including gene deletion, gene doubling, introducing a foreign gene, and changing the positions of genes when achieved by recombinant DNA technology). Such methods do not include the use of traditional breeding, conjugation, fermentation, hybridization, in vitro fertilization, or tissue culture.

Note: Non-GMOs are not necessarily organic.

#### **Light or Lite**

21 CFR 101.56: “Light” or “lite” – term that may be used on the label or in the labeling of a meal product and a main dish product, provided that: the food meets the definition of “Low in calories”; or “Low in fat”; and a statement appears on the principal display panel that explains whether “light” is used to mean “low fat,” “low calories,” or both. (Refer to regulatory citation for more specifics on use of these terms.)

#### **Low Fat**

21 CFR 101.62: “Low fat,” “low in fat,” “contains a small amount of fat,” “low source of fat,” or “little fat” – means the food has a reference amount customarily consumed greater than 30 g or greater than 2 tablespoons and contains 3 g or less of fat per reference amount customarily consumed; or the product contains 3 g or less of total fat per 100 g and not more than 30 percent of calories from fat for meal products and main dish products.

#### **Low Sodium**

21 CFR 101.61: “Low sodium,” or “low in sodium,” “little sodium,” “contains a small amount of sodium,” or “low source of sodium” – means the food has a reference amount customarily consumed greater

than 30 g or greater than 2 tablespoons and contains 140 mg or less sodium per reference amount customarily consumed; or 140 mg or less sodium per 100 g for meal products and main dish products.

### ***Made with Organic Ingredients***

7 CFR 205: "Made with organic ingredients" – means that the product contains at least 70 percent organic ingredients.

### ***No Antibiotics Added***

FSIS ([http://www.fsis.usda.gov/factsheets/meat\\_&\\_poultry\\_labeling\\_terms/index.asp#15](http://www.fsis.usda.gov/factsheets/meat_&_poultry_labeling_terms/index.asp#15)): "No antibiotics added" – term that may be used on labels for meat or poultry products if sufficient documentation is provided by the producer to the Agency demonstrating that the animals were raised without antibiotics.

### ***No Hormones Added***

FSIS ([http://www.fsis.usda.gov/factsheets/meat\\_&\\_poultry\\_labeling\\_terms/index.asp#15](http://www.fsis.usda.gov/factsheets/meat_&_poultry_labeling_terms/index.asp#15)):

- Hormones are not allowed in raising hogs or poultry. Therefore, the claim "no hormones added" cannot be used on the labels of pork or poultry unless it is followed by a statement that says "Federal regulations prohibit the use of hormones."
- "No hormones administered" – term that may be approved for use on the label of beef products if sufficient documentation is provided to the Agency by the producer showing no hormones have been used in raising the animals.

### ***Organic***

7 CFR 205: "Organic" – a labeling term that refers to an agricultural product produced in accordance with the Act (The Organic Foods Production Act of 1990, as amended (7 U.S.C. 6501 et seq.)) and (associated) regulations.

Note: Organic foods cannot be GMOs.

### ***Seasonal***

H.R.2419: 'Locally or regionally produced agricultural food product' – any agricultural food product that is raised, produced, and distributed in:

- (I) the locality or region in which the final product is marketed, so that the total distance that the product is transported is less than 400 miles from the origin of the product; or
- (II) the State in which the product is produced.

### ***Shade-grown***

Coffee grown under a canopy of trees in a manner that is supportive of environmental sustainability including providing migratory bird habitat. Shade-grown may be demonstrated through certification through non-profit organizations such as the Smithsonian Migratory Bird Center or the Rainforest Alliance.

### ***Whole Grains***

USDA, Dietary Guidelines for Americans 2010: Whole grains - grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also a source of dietary fiber.