

Free - Maybe After you check ingredient list to make sure nothing is hiding.	
Low - Maybe After you check serving size.	
Light - NO	Lite - YES
Reduced - Maybe Only if original product is healthy.	
Lean & Extra Lean - YES Except ground meat.	

High & Good Source - Maybe May be simply sprinkling additives on top.	
Healthy - YES As long as not part of brand name.	
Organic - YES But still compare nutritional labels.	
All Natural - No	
Wholesome - No	
Less, Fewer, More - NO Little regulation on what they are comparing it to.	