

How to Read a

Food Label

Tips for People with Chronic Kidney Disease (CKD)

- ✦ If you have CKD, you may need to limit some nutrients in your diet such as sodium, phosphorus, or potassium. You should limit saturated and Trans fats too. Read the good label to help make healthy food choices for your kidneys.
 - ✓ Check the Nutrition Facts label for sodium
 - ✓ Check the ingredient list for added phosphorus and potassium
 - ✓ Look for claims on the label, like “low saturated fat” or “sodium free”

What Should I Look for on the Nutrition Facts Label?

- Look for sodium on the Nutrition Facts label. Some Nutrition Facts labels will list phosphorus and potassium, too, but they do not have to.

See the Nutrition Facts Label Below...

Serving size: The first place to start when you look at the Nutrition Facts is the serving size. The label on the container is based on a serving.

Amount per serving: This line tells you the number of calories per serving and the number of calories from fat.

Calories: This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.

Percent daily values: The percent daily values are based on a 2,000 calorie diet, which has 30% or less calories from fat a day. Knowing the individual value allows you to look at the information in the left column and decide whether or not these numbers fit into your daily allowance for that nutrient.

Nutrition Facts			
Serving Size 1 cup (228 g)			
Servings per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
		Calories	2,000
			2,500
Total Fat	Less Than	65mg	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Servings per container: This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. To find out how much you eat, multiply the amount in one serving and the number of servings you eat.

Vitamins & Minerals: The food manufacturers are required to list the amount of vitamin A, vitamin C, calcium and iron that are in this product.

What should I look for on the Ingredient List?

- Look for Phosphorus, or for words with PHOS, on the ingredient list. Many packaged foods have phosphorus. Choose a different food when the ingredient list has PHOS on the label.

Ingredients: Rehydrated potatoes (water, potatoes, and sodium acid pyrophosphate), beef (beef, water, salt, and sodium phosphate), and wine.

*This ingredient list shows that the food has added phosphorus.

- Look for potassium on the ingredient list. For example, potassium chloride can be used in place of salt in some packaged foods, like canned soups and tomato products. Limit foods with potassium on the ingredient list.

Ingredients: Tomato juice, vegetable juice blend, *potassium* chloride, magnesium, salt, vitamin C (ascorbic acid), citric acid, spice extract, flavoring, disodium inosinate, disodium guanylate.

This ingredient list shows that the food has added potassium.

Did You Know?

- Ingredients are listed in order of the amount in the food. The food has the most of the first ingredient on the list, and the least of the last ingredient on the list.

Look for Claims on Food Package	to Help you Find Foods:
<i>Lower in Saturated/Trans Fat</i>	<i>Lower in Sodium</i>
<ul style="list-style-type: none"> • Saturated fat free • Low saturated fat • Less saturated fat • Trans fat free 	<ul style="list-style-type: none"> • Sodium free • Very low sodium • Low sodium • Reduced salt

❖ Sodium Chloride (salt) is replaced in some foods with potassium chloride. If you need to watch your potassium, check the ingredient list.