How to Read a

Food Label

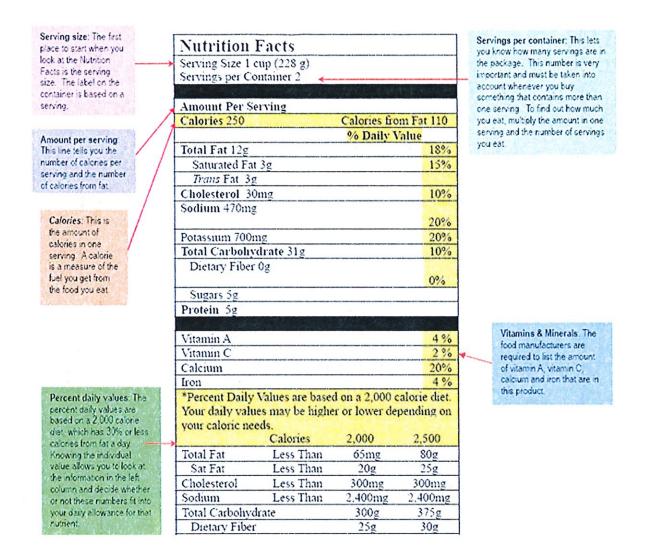
Tips for People with Chronic Kidney Disease (CKD)

- ♣ 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 <u>sodium</u> on the Nutrition Facts label. Some Nutrition Facts labels will list <u>phosphorus</u> and <u>potassium</u>, too, but they do not have to.

See the Nutrition Facts Label Below...



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 pyro*phos*phate), beef (beef, water, salt, and sodium *phos*phate), 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:
Lower in Saturated/Trans Fat	Lower in Sodium
 Saturated fat free 	• Sodium free
 Low saturated fat 	 Very low sodium
 Less saturated fat 	Low sodium
 Trans fat free 	 Reduced salt

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