

# Nutrition Facts Label

## & Chronic Kidney Disease (CKD)

Nutrition facts labels are found on packaged foods and beverages. You can use the information on these labels to help you make healthy choices. Compare labels on different brands of foods. Choose those with the right amounts of nutrients for you. Ask your registered dietitian nutritionist (RDN) for more ways to use these facts to improve your health.

## Label

### Serving Size

This is the amount most people eat or drink. If you eat a larger or smaller portion, you'll get different quantities of nutrients than what is listed. For example, if the serving size is 1 slice of bread and you eat 2 slices, you'll get twice the calories, sodium, potassium, and other nutrients listed on the label.

### Amount Per Serving

This section displays the nutrients in one serving of the item. For example, total calories are listed first. Calories tell you how much energy a food has per serving.

### % Daily Value (%DV)

This value tells you how much of a nutrient is in one serving out of the total amount you need each day. Values are based on a 2000-calorie diet. If a food you enjoy has a high percentage of a nutrient you need to limit, eat a smaller portion. If the food has a lower percentage of a nutrient you need, have a bigger portion.



### Sodium

If you have CKD, limit sodium to 2300 mg per day. The %DV is based on 2300 mg per day. Look for foods with less than 10% of the daily value. If you count milligrams (mg), aim for no more than 200 mg per snack and up to 600 mg per meal.

### Potassium

If you've been asked to limit potassium, choose foods or beverages with less than 200 mg per serving.

### Phosphorus

Phosphorus may not be listed on nutrition facts labels. Added phosphorus is listed in the ingredients; see the next page for more tips on phosphorus.

# Ingredients

- Always read the label, even if you are familiar with a food. Ingredients may change without warning.
- Choose food and drinks with five ingredients or less. Longer lists mean a product is likely to have more additives and preservatives.
- Read the ingredients to find out if a food has added or hidden sources of these nutrients:

**Sodium:** Look for *sodium chloride*, *sodium benzoate*, and *disodium* or *monosodium glutamate (MSG)*.

Some fresh or fresh frozen meats have added salt solutions to keep them moist and tender. Watch for words like “broth,” “brine added,” or “in a solution of water, salt, and sodium phosphate” on the package. Try to pick products without added solutions.

**Potassium:** Many salt-free, sodium-free, and low sodium products use potassium in place of sodium. Look for *potassium chloride* or *potassium iodide* in the ingredient list.

**Phosphorus:** Look for ingredients with “phos” in the name, such as *phosphoric acid*, *sodium phosphate*, or *dicalcium phosphate*.

Ask your RDN for a copy of “Making Sense of Phosphorus” and how to find more natural sources of phosphorus that work for you.



## Review

Can you find the hidden phosphorus and potassium?

**INGREDIENTS:** ENRICHED WHEAT FLOUR, WHEY, VEGETABLE OIL, WHOLE WHEAT FLOUR, WHEAT BRAN, WATER, CORN SYRUP, OAT FLOUR, DRIED EGG WHITES, SOY LECITHIN, MALTODEXTRIN, BUTTER (CREAM, SALT), SODIUM BENZOATE, BUTTERMILK, SUGAR, POTASSIUM CHLORIDE, CITRIC ACID, LACTIC ACID, YELLOW #5, PEPPER, MALTODEXTRIN, SODIUM CITRATE, SODIUM PHOSPHATE, RIBOFLAVIN, FOLIC ACID, VITAMIN B12.

Three things I will look for on food labels that matter to me:

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