



NUTRITION FACTS LABEL FOR PEOPLE WITH KIDNEY DISEASE

Food nutrition labels show detailed information about a food's nutrient contents. Through the label, you can select which food is best for you, especially if you're on a diet for kidney disease. Here's an easy way to read and understand the nutrition label.

Serving size is the recommended food amount. All nutritional information is based on this portion.

Sodium: Search for 140mg or less per serving.

Protein: Each 7g is equal to 1 portion of protein.

The proper amount of potassium for you to consume will depend on your doctor or dietitian's recommendations.

The ingredients are organized from greatest to least amounts. Meaning the ingredients contained in the most amounts are first.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0 mg **0%**

Sodium 160 mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL, (CANOLA, HIGH OLEIC SUNFLOWER CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D3, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PERIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODINE, VITAMIN K1, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B12.

If potassium is not on the label, look for it as "POTASSIUM" in the ingredients list.

The % of the Daily Value is a guide that tells you whether a food is high or low in a specific nutrient (per serving): 5% or less is considered low, 20% or more is high.

For example: added sugars are 20% of the Daily Value (per serving), indicating it's a high amount.

Identify phosphorus additives in the ingredients list among words that contain "PHOS".

Some phosphorus additives are: Phosphoric Acid, Calcium Phosphate and Sodium Polyphosphate.

RECOMMENDED NUTRITIONAL VALUES

When choosing your foods, consider the following:

- Low in Total Fat: 3g or less per serving
- Low in Saturated Fat: 1g or less per serving
- Low in Cholesterol: 20mg or less per serving
- Low in Sugar: 5g or less per serving

HOW MUCH PHOSPHORUS IS ABSORBED IN THE BODY?

Phosphorus is a mineral naturally found in food and it's also added to processed foods as "phosphorus additives". These additives are the most harmful to your health if your kidneys don't work well. It's important for you to control the amount of phosphorus by choosing the best food options. Remember to read the ingredients list on the nutrition label!

PLANT AND ANIMAL FOODS WITH PHOSPHORUS



Phosphorus that's naturally found in food is known as organic phosphorus

The body absorbs around 40-60% of it

A few examples are: Milk, Cheese, Yogurt, Egg, Whole Foods, Beans, Nuts, Seeds, Peanut Butter, Beef, Fish, Poultry and Pork

PROCESSED FOODS WITH PHOSPHORUS ADDITIVES



When it's added to food as a phosphorus additive it's known as inorganic phosphorus

The body absorbs more than 90% of it

Some examples are: Dark Soft Drinks, Sausages, Hot Dogs, Frozen Meals, Instant (powdered) or Canned Soups and Chocolate
(THESE SHOULD BE AVOIDED)

- References
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 - National Kidney Foundation. (2020). Your Guide to the New Food Label. National Kidney Foundation Inc. Retrieved July 22, 2020, from <https://www.kidney.org/atoz/content/foodlabel>

FOR MORE INFORMATION, contact your doctor or call us at the **Beneficiary Services Center** at:

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