

A Guide to the New Food Label

In 1994, the Food and Drug Administration introduced a new food label. The Nutrition Facts Label helps us understand the nutrients that each food adds to our diet. All items on the label can be trusted as true information about the product eaten.

Serving Sizes

The serving size listed tells what a single portion of food is. The rest of the information listed tells about the serving size listed.

Calories

Calories tell the energy found in a serving of food. If you are trying to lose weight, you may be looking for foods with less calories per serving.

Fat and Cholesterol

Many people with chronic kidney disease are on low fat and low cholesterol diets. Total Fat should be less than 7 grams/serving. Total cholesterol should be less than 25 mg/serving. Choose lean or extra lean meats with just 7.5 - 15% daily value of total fat.

Sodium

Many people with chronic kidney disease should limit their use of sodium. In general, look for food items that are 140 mg/serving or less. Many low sodium products have added potassium. Look for potassium chloride in the ingredient list.

Carbohydrate, Sugars, and Fiber

Choosing foods with less sugar and more fiber will help control diabetes. The total carbohydrate grams per serving will help with carbohydrate counting and balancing of meals. Every 15 grams of carbohydrate equals one bread/starch portion for diabetics. Good sources of fiber will contain 2-5 grams/serving.

Protein

When reading the label for protein, look at the grams of protein listed. Each 7 grams equals one ounce of protein or one meat serving.

Example:

Protein Listed on Label	Meat Serving
7 grams	1
14 grams	2
21 grams	3

Potassium and Phosphorus

These may be listed on the label in a percentage, however, it is not required by law they appear on the label. If they are not listed, this does not mean the product does not contain any.

Example:

Potassium Low	Medium	High	Very High
<100 mg	101 - 200 mg	201 - 300 mg	>300 mg
<3%	3-6%	6 - 9%	Over 9%

Phosphorus Low	Medium	High
<50 mg	51 - 150 mg	>150 mg
<5%	5 - 15%	>15%

Pulling it All Together

Portion sizes for the dialysis diet:

Food Group	Dialysis Diet
Milk	4 oz. or $\frac{1}{2}$ cup
Milk Substitute	4 oz. or $\frac{1}{2}$ cup
Pasta, rice, cereal	$\frac{1}{2}$ cup
Bread	1 slice
Hotdog or hamburger bun	$\frac{1}{2}$ bun
Meats, protein foods	1 oz.
Vegetables, cooked	$\frac{1}{2}$ cup
Vegetables, fresh, raw	1 cup
Fruit, canned	$\frac{1}{2}$ cup
Fruit, fresh	1 small or $\frac{1}{2}$ large
Juices	4 oz. or $\frac{1}{2}$ cup
Oils, margarines	1 teaspoon

All patients should know how many calories they need per day, how much fat, cholesterol, carbohydrate, protein, potassium, and phosphorus.

In general, follow these guidelines:

Nutrient	Daily Value
Total Fat	55 - 65 grams per day
Saturated Fat	Under 10%
Cholesterol	200 - 300 mg per day
Fiber	25 - 30 grams per day
Sodium	Less than 2000mg per day
Potassium (if listed)	Less than 6%
Phosphorus (if listed)	Less than 5 - 15%

Ingredients to Avoid

Banana, cheese, chocolate, cocoa, coconut, cream, dried fruit, dried peas and beans, lentils, melon, milk, molasses, nuts, orange, peanut butter, potassium chloride, potato, raisins, dark rye flour, frozen vegetables packed with sauce, spinach, wheat or oat bran, whole wheat.