

How to Read Nutrition Facts Labels

Don't ignore Nutrition Facts labels. These labels, located on containers of food and beverages, hold the secrets to what a food contains. Knowledge is power. With knowledge, we can make better choices.

Food Label Basics: Servings, Calories, and % Daily Value

Check the label before you buy a food to find out about ...

Servings Per Container

Pay careful attention to Servings Per Container. One package of food may contain more than one serving. For example, you buy a bottle of fruit punch, which contains 200 calories per serving. The label says *2 servings per container*. So, if you drink the entire can, you are getting double the calories—400 calories.

Serving Size

Serving size is the amount of food that is usually eaten at one time. You may decide to eat more or less. Sometimes the information will be for the entire container—not just for one serving.

Calories

Calories are the total number contained in *one serving* of the food. If you are trying to lose weight, you may need foods with less calories per serving. If you need to gain weight, look for foods with more calories per serving. Go to www.ChooseMyPlate.gov/MyPlatePlan to calculate how many calories a day are right for you. People with chronic kidney disease should ask their dietitian.

Percent Daily Value

Percent Daily Value (%DV) is the percentage of a nutrient that a food contains based on a 2,000-calorie daily diet. For example, the DV for sodium is 2,300 mg. If one serving provides 19% DV of sodium, then you have eaten about 440 mg ($19\% \times 2,300 \text{ mg} = 437 \text{ mg}$).

General Guide	Use %DV to judge if the food contains low or high amounts of a nutrient. <ul style="list-style-type: none">• 5% DV or less of a nutrient per serving is considered low• 20% DV or more of a nutrient per serving is considered high
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Food Label Basics: Saturated Fat, Sodium, and Added Sugars

For a healthy diet, try to limit the amount of saturated fat, sodium, and added sugars in the foods you eat. If you have diabetes, high blood pressure, or chronic kidney disease (CKD), talk to your dietician about your specific requirements. Here's what you need to know...

Saturated Fat

Animal products, such as beef, pork, lard, and butter are higher in *saturated fat*. Plant-based oils, such as canola oil, olive oil, nuts, seeds, and seafood have higher amounts of *unsaturated fat*. People who eat unsaturated fats instead of saturated fats and stay within their daily calorie limit have a lower risk of heart disease and stroke.

Limit Saturated Fat	<p>The daily allowance for saturated fat is less than 20 grams per day based on a 2,000-calorie diet. People with CKD should look for foods with less than 10% daily value of saturated fat. Choose lean meats with about 7.5% to 15% daily value of fat.</p>
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Sodium

Sodium is a mineral found in table salt. Processed, packaged, and prepared foods often contain higher levels of sodium. People who eat diets higher in sodium increase their risk of high blood pressure.

Limit Sodium	<p>The daily allowance for sodium is less than 2,300 mg per day based on a 2,000-calorie diet. Many people with CKD must limit sodium. In general, look for foods with no more than 6% to 10% of daily value for sodium.</p>
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Added Sugars

The 2 main types of sugars are (1) those that occur naturally in foods and (2) those added to food during processing. Fruit, milk, and vegetables all contain natural sugar. Cookies and candy contain sugar added during processing. Other names for sugar are corn syrup, dextrose, fructose, lactose, turbinado, and agave.

Limit Added Sugars	<p>Use the %DV to decide if the food is low or high in added sugars:</p> <ul style="list-style-type: none"> • Low source: 5% DV or less • High source: 20% DV or more <p>In general, no more than 10% of your daily calories should come from added sugar. For a 2,000-calorie daily diet, that is 200 calories. For reference, about 12 teaspoons of sugar equals 200 calories.</p>
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Food Label Basics: Dietary Fiber, Calcium, and Vitamin D

Many people don't get the dietary fiber, vitamin D, and calcium they need to stay healthy. If you have chronic kidney disease (CKD), talk to your dietician about your specific requirements. Look for these nutrients on the Nutrition Facts label...

Dietary Fiber

Dietary fiber is found in foods you eat that are either plants or made from plants. Because dietary fiber isn't easily digested, it speeds up the movement of waste and food through the body. Some foods high in fiber are dried beans, broccoli, whole grains, and apples.

<p>Get Enough Fiber</p>	<p>The daily allowance for fiber is 28 grams per day based on a 2,000-calorie diet. For reference, there are about 4 grams of fiber in an apple and 5 grams of fiber in a cup of broccoli.</p>
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Calcium

Calcium is important for building strong bones. Getting enough calcium reduces your risk of osteoporosis (brittle and fragile bones). Foods that are good sources of calcium are often high in phosphorus. Some people with kidney disease must limit phosphorus in their diet.

<p>Get Enough Fiber</p>	<p>The daily allowance for calcium is 1,300 mg per day based on a 2,000-calorie diet. For reference, a glass of milk has 300 mg of calcium (23% Daily Value).</p>
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Vitamin D

Vitamin D helps your body absorb calcium. It is important for bone health, blood pressure management, and other functions.

<p>Get Enough Vitamin D</p>	<p>The daily allowance for vitamin D from foods is 20 micrograms per day based on a 2,000-calorie diet. For reference, a 3.5 ounce serving of farmed Atlantic salmon contains 66% DV (13.2 micrograms).</p>
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