

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 food 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 **sodium** on the Nutrition Facts label. Some Nutrition Facts labels will list **phosphorus** and **potassium**, too, but they do not have to.

The amount listed is for one 1-cup serving. If you eat two servings, the amount doubles.

One serving has 660 milligrams of sodium.

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings Per Container: 2	
Amount Per Serving	
Calories: 260 Calories from Fat: 120	
	% Daily Value*
Total Fat 13g	20 %
Saturated Fat 5g	25 %
Trans Fat 2g	
Cholesterol 30mg	10 %
Sodium 660mg	28 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

This package has two 1-cup servings.

One serving has 28% Daily Value of sodium.

- 5% or less is low.
- 20% or more is high.

For this food label, 28% Daily Value is **high** for sodium.

What Should I Look for on the Ingredient List?

1. 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, Sodium acid pyro**phosphate**), Beef (Beef, Water, Salt, Sodium **phosphate**), Wine...

This ingredient list shows that the food has added phosphorus.

2. 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, Sugar, 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 Packages to Help You Find Foods:

Lower in Saturated/Trans Fat	Lower in Sodium*
<ul style="list-style-type: none">• Saturated fat free• Low saturated fat• Less saturated fat• Trans fat free	<ul style="list-style-type: none">• Sodium free• Very low sodium• Low sodium• Reduced salt

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