

Nutrition label basics for a healthier you

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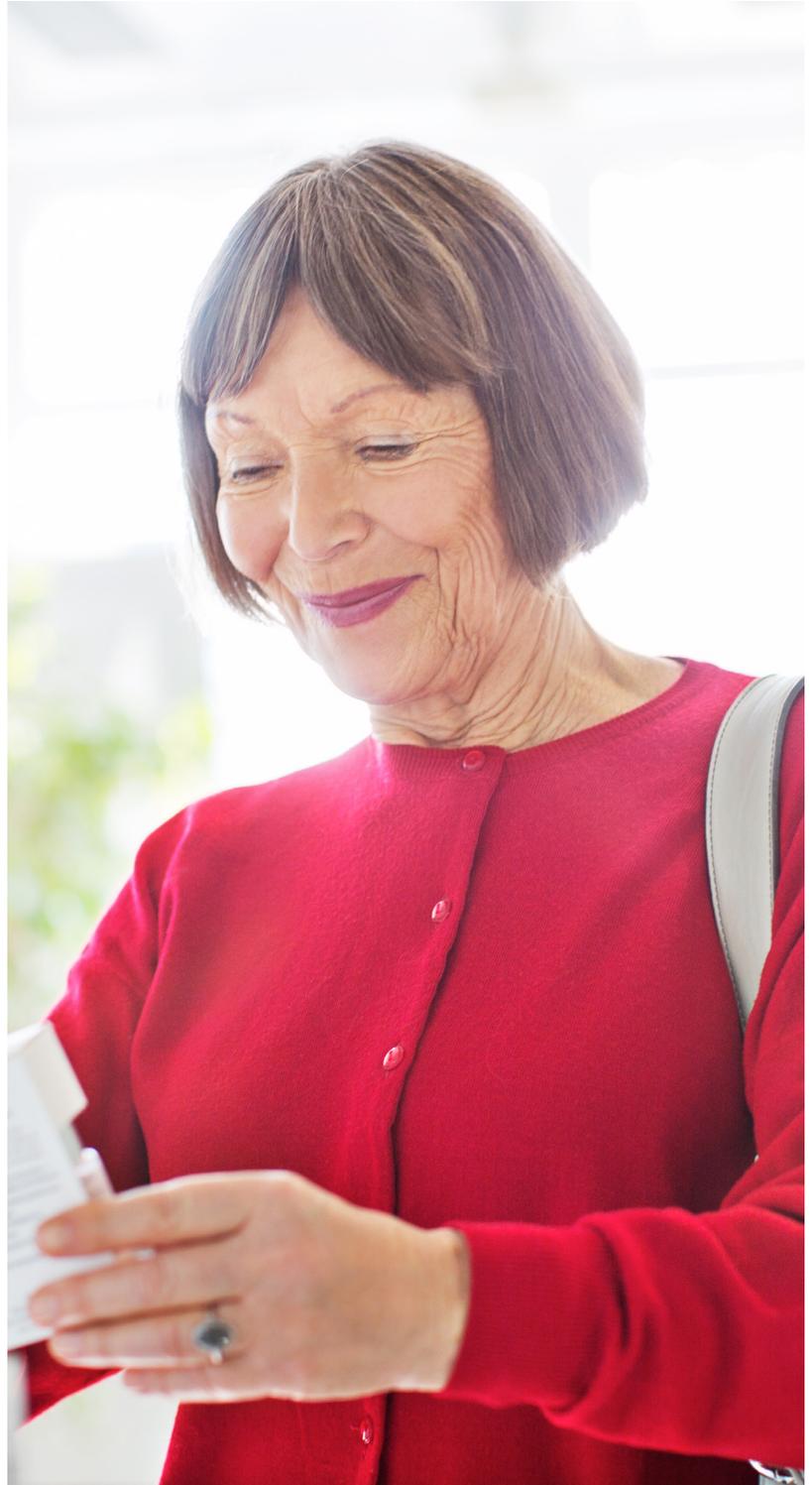
When you have kidney disease, it's important to keep an eye on what you eat. Some nutrients that might not cause problems for people without kidney disease could cause problems if you have kidney disease.

Because of this, it's important to carefully read the labels on the back of foods, called nutrition labels, to see what nutrients the food contains. We'll explain how to read a food label and what ingredients to look out for so you can stay on top of a kidney-friendly diet.

Before getting started, talk to your doctor

Your nutrition needs depend on your stage of kidney disease, what other conditions you have, what medications you take, and if you're on dialysis and what type. Your health care team will determine how much of the following nutrients you should have each day.

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Watch out for these common nutrients and ingredients

Potassium

You can find potassium on nutrition labels and read the number of milligrams (mg) the food has. Based on the potassium mg you see on the Nutrition Facts label, use the table below to see if the food is high or low in potassium.

Amount	Potassium level
Less than 3% or 100 mg	Low
3% to 6% or 101 mg to 200 mg	Medium
6% to 9% or 201 mg to 300 mg	High
More than 9% or 300 mg	Very high

Avoid foods with any of these ingredients listed:

- Potassium chloride

Phosphorus

Avoid foods with any of these ingredients listed:

- Calcium phosphate
- Phosphate
- Phosphoric acid
- Polyphosphates
- Pyrophosphate
- Sodium aluminum phosphate

Salt (also known as sodium)

Most Americans eat more sodium than they need.¹ Depending on your stage of chronic kidney disease (CKD), you may need to follow a low-sodium diet. You can find the amount of salt a food contains on the nutrition label as “sodium.”

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10g

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg

Iron 8mg 45%

Potassium 235mg 6%

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

¹ Jackson SL, Cogswell ME, Zhao L et al. Association between urinary sodium and potassium excretion and blood pressure among adults in the United States. October 11, 2017. National Health and Nutrition Examination Survey, 2014 External. Circulation. Accessed August 30, 2021.

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