

# Navigating the Nutrition Label for Kidney Health

*This is a recorded webinar*

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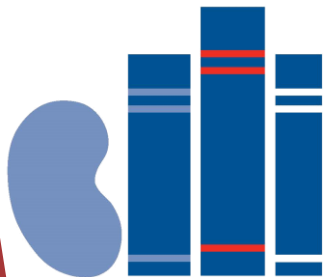
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# Welcome

- Thank you for joining the DPC Education Center webinar to learn more about the nutrition label.
- This program is for your information, and you will need to talk to your health care team about your specific situation.
- Please complete the brief feedback form at the end of the program which also provides a way to suggest additional topics for the future.



# Presenter



- ▶ María Eugenia Rodríguez, MS, RD, CSR
- ▶ Live in Puerto Rico
- ▶ Board Certified Specialist in Renal Nutrition since 2014
- ▶ Have worked with
  - ▶ dialysis patients since 2009
  - ▶ early CKD in private practice since 2013
- ▶ Founder of ME Nutrition Services, PSC

<https://nutricionrenalpr.com>

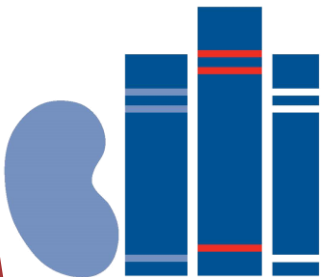


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# Objectives

- ▶ Learn how to read the nutrition facts
- ▶ Enhance your food choices according to your specific dietary needs
- ▶ Decoding the nutrition claims on the label



# 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** 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 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.

5% or less = LOW  
20% or more = HIGH

**SODIUM**  
140 mg or less

**PROTEIN**  
Every 7 g = 1 portion

**POTASSIUM**  
200 mg or less



SATURATED FAT  
1 g or less

TRANS FAT  
0 g

**INGREDIENTS:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, **BUTTER**, WATER, SOYBEAN OIL, MONO- AND DIGLYCERIDES, CONTAINS 2% OR LESS: SALT, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE, GUAR GUM, XANTHAN GUM, NATURAL FLAVOR, SODIUM STEAROYL LACTYLATE, ANNATTO, MONOCALCIUM PHOSPHATE, WHEAT STARCH, SOY LECITHIN.  
**CONTAINS: EGG, MILK, SOY, WHEAT.**

## Nutrition Facts

6 servings per container

**Serving size** 1/6 Cake (76g)

**Amount per serving**

**Calories** 310

% Daily Value\*

**Total Fat** 19g 24%

Saturated Fat 8g 40%

Trans Fat 0g

**Cholesterol** 75mg 25%

**Sodium** 200mg 9%

**Total Carbohydrate** 31g 11%

Dietary Fiber less than 1g 2%

Total Sugars 16g

Includes 16g Added Sugars 32%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 15mg 0%

Iron 1mg 6%

Potassium 40mg 0%

\* 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.

## Nutrition Facts

4 servings per container

**Serving size** 1 oz (28g / about 1/4 cup)

**Amount per serving**

**Calories** 200

% Daily Value\*

**Total Fat** 21g 27%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 2g 7%

Total Sugars 1g

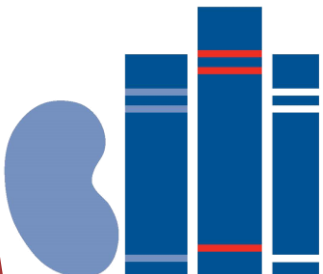
Includes 0g Added Sugars 0%

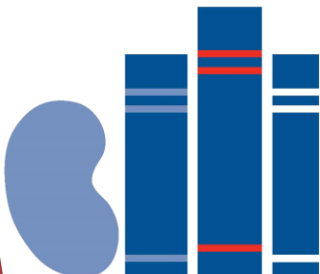
**Protein** 2g

Vitamin D 0mcg 0% • Calcium 20mg 2%

Iron 1mg 6% • Potassium 100mg 2%

**INGREDIENTS: MACADAMIA NUTS.**





Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

Every 15 grams  
= 1 portion

	Women	Men
Meal	45-60 grams	60-75 grams
Snack	0-15 grams	15-30 grams

# 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** 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 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.

Every 15 grams  
= 1 portion

3 grams or more

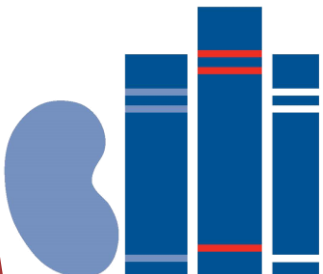
## Fiber

**Women**

21-25 grams

**Men**

30-38 grams







All the cereal contained in the product is whole grain.

Minimum 16 grams equivalent to 1 service



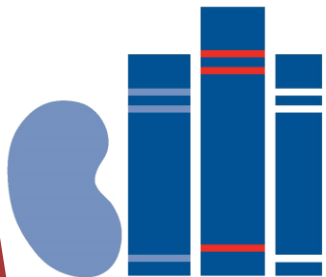
Half of the cereal contained in the product is whole grain.

Minimum 8 grams equivalent to 1/2 service



Contains mainly refined grains.

Minimum 8 grams equivalent to 1/2 service



# 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** 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 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.

## Added Sugar

Women	Men
< 25 grams	< 36 grams
< 6 tsps	< 9 tsps
< 100 calories	< 150 calories
< 10% daily calories	

1 tsp Sugar

4 g  
Carbohydrates

# Example: Snack

A

B

## Nutrition Facts

8 servings per container

Serving size 1 Bar (37g)

Amount per serving

Calories 130

% Daily Value\*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 5%

Total Sugars 12g

Incl. 12g Added Sugars 24%

Protein 2g

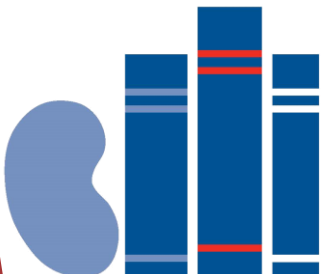
Vitamin D 0mcg 0% • Calcium 130mg 10%

Iron 1.8mg 10% • Potassium 80mg 0%

Vitamin A 10% • Thiamin 10%

Riboflavin 10% • Niacin 10%

Vitamin B<sub>6</sub> 10% • Zinc 10%

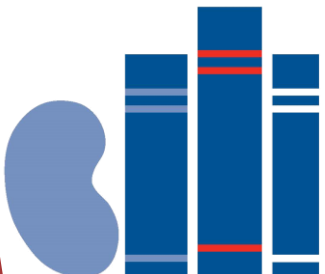




# “SUGAR FREE” Products

<b>Nutrition Facts</b>	Amount/serving	% DV*	Amount/serving	% DV*	*The % Daily Value (DV) tells you how a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb</b> 23g	<b>8%</b>	
About 6 servings per container	Saturated Fat 1.5g	8%	Dietary Fiber 2g		
<b>Serving size</b> 10 Cookies (31g)	Trans Fat 0g		<b>Total Sugars</b> 0g		
<b>Calories per serving</b> <b>120</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>	
	<b>Sodium</b> 100mg	<b>4%</b>	Sugar Alcohol 7g		
			<b>Protein</b> 2g		
	Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1.1mg 6% • Potassium 110mg 2%				

Sorbitol, Mannitol, Xylitol, Isomalt. Excess can cause diarrhea.

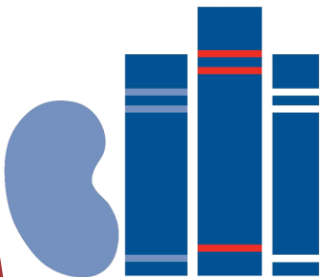


5 Cookies: 60 calories, 12 g carbohydrates, 1 g fiber

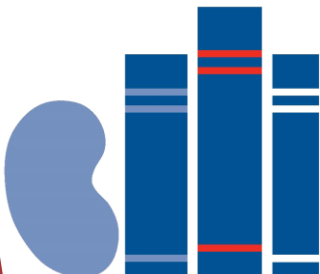
# Standards of Medical Care in Diabetes 2022

## Nonnutritive sweeteners

**5.26** The use of nonnutritive sweeteners as a replacement for sugar-sweetened products may reduce overall calorie and carbohydrate intake as long as there is not a compensatory increase of energy intake from other sources. Overall, people are encouraged to decrease both sweetened and nonnutritive-sweetened beverages, with an emphasis on water intake. **B**

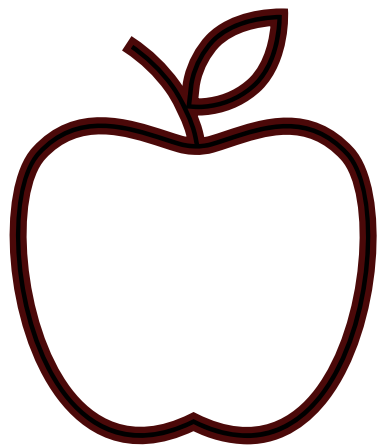






General				
Energy	77.5	kcal	<div></div>	4%
Alcohol	0.0	g	No Target	
Caffeine	0.0	mg	No Target	
Oxalate	2.8	mg	No Target	
Water	127.5	g	<div></div>	5%

Carbohydrates				
Carbs	20.6	g	<div></div>	24%
Fiber	3.6	g	<div></div>	14%
Starch	0.1	g	No Target	
Sugars	15.5	g	No Target	

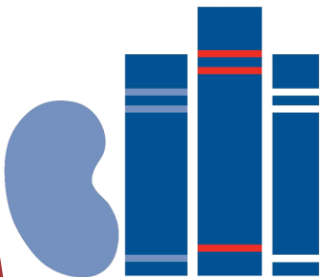


1 small apple  
with skin

**INGREDIENTS:** CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, SALT, NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, CARAMEL COLOR, SODIUM HEXAMETAPHOSPHATE, SODIUM BENZOATE AND SORBIC ACID (PRESERVATIVES).

### Ingredient List:

- High Fructose Corn Syrup: associated with fatty liver, insulin resistance, elevated lipids, hypertension and kidney disease, gout





\*FAT CONTENT HAS BEEN REDUCED FROM 8g TO 2.5g PER SERVING  
 \*\*SODIUM CONTENT REDUCED FROM 180mg TO 105mg

## Nutrition Facts

Serving Size 2 slices (18g)  
 Servings Per Container about 9

Amount Per Serving

**Calories** 30    Calories from Fat 20

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 10mg    **3%**

**Sodium** 105mg    **4%**

**Total Carbohydrate** 0g    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 3g    **6%**

Not a significant source of vitamin A, vitamin C, calcium, and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

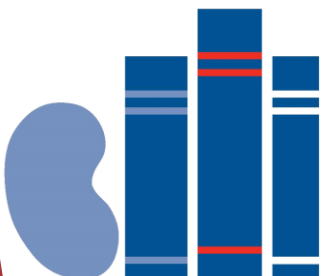
## Ingredient List:

- Phosphate additives
- Potassium additives

INGREDIENTS: POULTRY INGREDIENTS (TURKEY, MECHANICALLY SEPARATED TURKEY), WATER, SUGAR, CONTAINS 2% OR LESS OF SMOKE FLAVORING, SALT, CANOLA OIL, SUNFLOWER OIL, POTASSIUM CHLORIDE, SODIUM ERYTHORBATE, SODIUM NITRITE, SODIUM PHOSPHATE, NATURAL FLAVORING. CONTAINS NO PORK. GLUTEN FREE.

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# Words on the food label

Natural

Gluten free

Lite

Multigrain

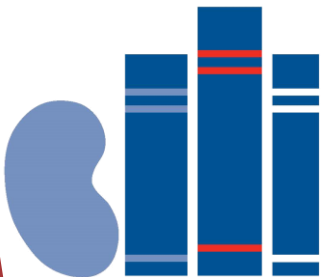
Fortified or  
Enriched

Fruit flavor

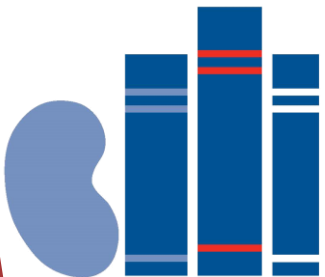
Lactose free

No artificial  
flavors, colors  
or sweeteners

Organic or Non  
GMO

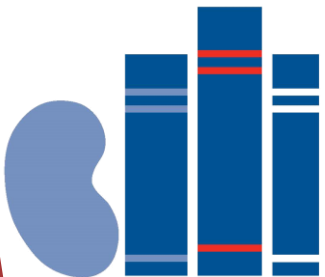


Use agricultural production practices that encourage resource cycling, promote ecological balance, maintain and improve soil and water quality, minimize the use of synthetic materials, and conserve biodiversity.



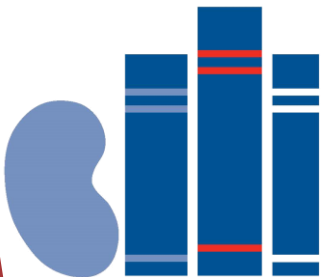


GMO is a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology.



# Practice Points

- ▶ Know your individual needs
- ▶ Do not pay attention to the marketing in front of the package
- ▶ Practice reading the nutrition facts and the ingredient list. Compare products to choose the best one for you.



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