

For Your Best Life Possible

Read Food Labels to Make Better Choices

Living with kidney disease includes making food choices to help you stay your healthiest. Three important things to watch are sodium, potassium, and phosphorus.

Nutrition Facts		
Servings Per Container About 12		
Serving Size 1 Cup (28 g)		
Amount per Serving		
Calories	100	
Calories From Fat	0	
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	200mg	8%
Potassium	45mg	1%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	2g	

INGREDIENTS: PARTIALLY HYDROGENATED VEGETABLE OIL (COCONUT, CANOLA, AND/OR PALM KERNEL), CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), **DIPOTASSIUM PHOSPHATE**, MONOGLYCERIDES, NATURAL FLAVOR, SALT, SILICON DIOXIDE, **SODIUM TRIPOLYPHOSPHATE**, VITAMIN E ACETATE, DATEM, LUTEIN, ARTIFICIAL COLOR.

What is a Serving?

Know the serving size. Measure out each serving. If you eat two servings, double the amount of calories, sodium, etc.

How much Sodium?

Per Day: 1500-2000mg

Choose foods with:

- Less than 600mg (for a meal)
- Less than 200mg (for a snack)

How much Potassium?

Per Day: 2000-3000mg

Foods are:

- “Low” if less than 100mg per serving
- “Medium” if 101-200mg per serving
- “High” if 201-300mg per serving

“Phos” words mean added Phosphorus

Limit foods with ingredients that include “phos” (ie. Phosphate or Phosphoric).

Get More Information

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