



**NATIONAL
RENAL CARE**



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PATIENT TUTORIAL

If you have Chronic Kidney Disease (CKD) you may need to limit some nutrients in your diet such as sodium, phosphate or potassium. Read the food label to help you make healthy food choices for your kidneys.

Check the Nutrition facts label for sodium content
Check the ingredients list for added phosphate or potassium
Look for claims on the label like “sodium free “

What Should I Look for on the Nutrition Fact Label?

Look out for the sodium content. Some labels may have the phosphate and potassium content, but by law they do not have to.

What Should I look for on the Ingredient List?

1) Phosphate: Many packaged foods contain phosphate, look for words containing PHOS

Ingredients: Rehydrated potatoes (Water, Potatoes, Sodium Acid Pyrophosphate), Beef (Beef, Water, Salt, Sodium Phosphate)

This ingredient list shows that the food has added phosphate

How to Read a Food Label

Nutrition Facts

Serving Size: 1 cup

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%

Protein 5g



One serving has 28% of daily value of sodium:

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

For this food label the product is **high** in sodium



If phosphate is listed on the Nutrition Fact Label, here is a guide on acceptable phosphate levels:

- Low Phosphate

0 – 50mg or < than 5% Daily Value

- Moderate Phosphate

51 – 150mg or 5 – 15% Daily Value

- High Phosphate

150mg or higher or > than 15% Daily Value