

Read food labels

to find the best choice for your diet

Serving size tells you what a single portion is.

Nutrition Facts

Serving Size 6 crackers (28g)
Servings Per Container About 10

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Potassium 110mg **3%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Phosphorous 10%

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

Servings per container lists how many portions per container.

% Daily value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

- 1 g of sodium = 1000 milligrams (mg)
- 1 tsp of salt = 2,300 milligrams of sodium

Ingredients are listed in order of weight, with the item of the most weight listed first.

Not a good choice if:

- There is greater than 8% of the daily value of sodium per serving.
- Salt is listed in the first five ingredients.

Use substitutes

for high-sodium foods

Instead of:	Try:
Salt and salt seasoning:	
<ul style="list-style-type: none"> • Table salt • Seasoning salt • Garlic salt • Onion salt • Celery salt • Lemon pepper • Lite salt • Meat tenderizer • Bouillon cubes • Flavor enhancers 	<ul style="list-style-type: none"> • Fresh garlic • Fresh onion • Garlic powder • Onion powder • Black pepper • Lemon juice • Low-sodium/salt-free seasoning blends • Vinegar, regular and flavored 
High-sodium sauces such as:	
<ul style="list-style-type: none"> • Barbecue sauce • Steak sauce • Soy sauce • Teriyaki sauce • Oyster sauce 	<ul style="list-style-type: none"> • Homemade or low-sodium sauces and salad dressings • Vinegar • Dry mustard 
Cured foods such as:	
<ul style="list-style-type: none"> • Ham • Salt pork • Bacon • Sauerkraut • Pickles, pickle relish • Lox and herring • Olives 	<ul style="list-style-type: none"> • Fresh beef, veal, pork, poultry • Fish • Eggs 
Canned:	
<ul style="list-style-type: none"> • Soups • Juices • Vegetables 	<ul style="list-style-type: none"> • Homemade or low-sodium soups • Canned food without added salt

Use healthy tips

to shop, plan, and prepare meals with less sodium

At home

- Use herbs and spices instead of salt.
- Don't use salt substitutes unless approved by your doctor or dietitian. Most have potassium (some people with kidney disease must limit potassium).

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- Request no salt when ordering grilled, sautéed or baked entrees.
- Ask that sauces be omitted or served on the side.
- Chinese and Japanese food may be high in sodium. Request no MSG (monosodium glutamate), soy sauce, or fish sauce in food preparation. Choose steamed rice. (Fried rice often has soy sauce added.) Do not add soy sauce after food is served.



If you need to limit sodium

Sodium is a mineral found in most foods that helps balance how much fluid your body keeps. Sodium also helps regulate nerve and muscle function.

Why limit sodium?

Healthy kidneys can get rid of too much sodium in your body, but when kidneys do not work well, sodium and fluid can build up. This can cause:

- high blood pressure
- swelling of ankles or fingers
- fluid weight gain
- puffiness around the eyes
- thirst

How much is okay to eat?

Your doctor recommends eating less than _____ mg per day.

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What has high sodium?

- Table salt 
- Seasonings like soy sauce, teriyaki sauce, garlic salt or onion salt 
- Most canned foods and frozen dinners (unless they say “low sodium”) 
- Pickled, cured, smoked or processed meats, like ham, bacon, sausage and cold cuts 
- Salted snack foods, like chips and crackers 
- Canned or dehydrated soups like packaged noodle soup 
- Most restaurant foods, take-out foods and fast foods 

What has less sodium or none?

- Fresh foods:
Fruits
Vegetables
Meat, Fish, Poultry
Dairy products (milk, eggs, cheese) 
- Frozen vegetables 
- Fresh seasonings (garlic, onion, lemon juice, pepper) 
- Fresh or dried herbs and spices (basil, bay leaf, curry, ginger, sage, thyme) 
- Unsalted popcorn, pretzels, plain tortilla or corn chips 

What is a common serving size?

FOOD GROUPS	SERVING SIZES
Meat, fish or poultry	
Meats, poultry, fish	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

Dietitians who specialize in kidney disease can tell you how many servings from each food group you are allowed at each meal. Depending on your diet prescription and preferences, you may be allowed to eat more than one.

FOOD GROUPS	SERVING SIZES
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, dry beans, peas	1/2 cup
Peanut butter	2 tablespoons