**Label Reading Tips:**

- Pay attention to the portion size. Do they mean just part or the whole package?
- The % Daily Value is a quick way of knowing if there is a lot or a little of a nutrient in the food.
- The number (290 mg) is the actual amount of the nutrient in the food serving size.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>Fat 1.5 g</td>
<td>2 %</td>
</tr>
<tr>
<td>Saturated 0.4 g + Trans 0.2 g</td>
<td>3 %</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium 290 mg</td>
<td>12 %</td>
</tr>
<tr>
<td>Carbohydrate 27 g</td>
<td>9 %</td>
</tr>
<tr>
<td>Fibre 1 g</td>
<td>4 %</td>
</tr>
<tr>
<td>Sugars 2 g</td>
<td></td>
</tr>
<tr>
<td>Protein 5 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>4 %</td>
</tr>
<tr>
<td>Iron</td>
<td>10 %</td>
</tr>
</tbody>
</table>

**Remember:**

- Most food labels do not show values for potassium and phosphorus. Instead, read the ingredient list and avoid food items that contain high phosphorus or Potassium foods.
- Phosphate additives are hidden sources of phosphorus. Look for disodium phosphate, phosphoric acid, hexametaphosphate, or tricalcium phosphate.

July 2010
Fruits
- Apple juice
- Apples
- Applesauce
- Apricots (canned)
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Cranberry juice
- Cranberry sauce
- Fruit cocktail
- Grape juice
- Grapes
- Lemons
- Limes
- Loganberries
- Peaches (canned)
- Pears (canned)
- Pineapple
- Raspberries
- Strawberries
- Mandarin orange

Remember:
A serving size = ½ cup, no added sugar OR 1 medium-size fresh

Vegetables
- Alfalfa sprouts
- Asparagus
- Bean spouts
- Broccoli
- Cabbage (green red)
- Carrots (boiled)
- Cauliflower
- Celery
- Chayote
- Chili peppers
- Chives
- Coleslaw
- Corn
- Cucumber
- Eggplant
- Endive
- Garlic
- Gingerroot
- Green beans
- Hominy
- Jalapenos (fresh)
- Kale
- Leeks
- Lettuce
- Mixed vegetables
- Mushrooms (raw)
- Onions
- Parsley
- Peas
- Radicchio
- Radishes
- Sweet peppers (green, red, yellow)
- Water chestnuts
- Watercress
- Zucchini

Remember: A serving size = ½ cup, no added salt
Try to choose fresh or frozen (check label)

Desserts, Snacks & Sweets
(use sparingly)
- Animal crackers
- Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)
- Candy corn
- Chewing gum
- Cinnamon drops
- Cookies (shortbread, sugar, vanilla wafers)
- Cotton candy
- Fruit ice
- Graham crackers
- Gumdrops
- Gummy Bears®
- Hard candy
- Jello-O®
- Jellybeans
- Jolly Ranchers®
- Lifesavers®
- Lollipops
- Marshmallows
- Newtons® (strawberry, apple, blueberry)
- Pie (apple, berry, cherry, lemon, peach)
- Rice krispie squares
- Popcorn – air pop

Fats (use sparingly)
- Non-hydrogenated margarine
- Mayonnaise
- Miracle Whip®
- Butter
- Cream Cheese
- Non-dairy creamers
- Salad dressings
- Sour cream
- Vegetable oils (canola or olive oil)

Beverages (Regular or diet)
- 7-Up® / Sprite®
- Coffee
- Cream Soda
- Crystal Light®
- Drink crystals
- Fruit juice (see fruit section)
- Ginger ale
- Grape Soda
- Kool-Aid®
- Lemonade / limeade
- Orange soda
- Root beer (check label)
- Tea

Seasoning & Spices
- Allspice
- Basil
- Bay leaf
- Caraway seed
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Extracts (almond, maple, orange, peppermint)
- Fennel
- Garlic powder
- Horseradish (root)
- Mrs. Dash®
- Onion powder or flakes
- McCormick’s no salt added®

Notes

Do you need a fluid restriction? If yes, don’t exceed your fluid limit.