

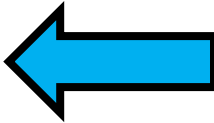


METABOLIC NUTRITION PROGRAM

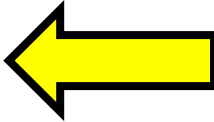
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How to Read a Nutrition Label

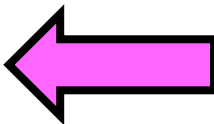
Nutrition Facts			
Serving Size 1 oz (28g/About 11 chips)			
Amount Per Serving			
Calories 150		Calories from Fat 70	
		% Daily Value*	
Total Fat	8g	12%	
Saturated Fat	1.5g	6%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	210mg	9%	
Total Carbohydrate	17g	6%	
Dietary Fiber	1g	4%	
Sugars	1g		
Protein	2g		
Vitamin A	2%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%
Thiamin	2%	•	Vitamin B ₆ 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4 • Protein



- Nutrition facts are based on serving size
- How big is **your** portion compared to the serving size?



- Adjust this number based on how much you eat
 - If you have only 5 chips (half a serving), you ate 1 gram Pro.
 - If you have 22 chips (two servings), you ate 4 grams Pro.
- This is a **rounded** number
- If a label reads <1g protein, it may contain from 0.1 to 0.9 grams!



Ingredients: Whole Corn, Vegetable Oil (Sunflower, Canola, Corn, and/or Soybean Oil), Maltodextrin (Made From Corn), and Less Than 2% of the Following: Wheat Flour, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Whey Protein Isolate, Corn Syrup Solids, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK AND WHEAT INGREDIENTS.

- The ingredients used in the largest amounts are listed first, so this product contains more whole corn than vegetable oil. The **first two or three** ingredients matter the most.
- Check the list on Page 2 to see what ingredients contain protein

Nutrition Label Ingredient List for a Low Protein Diet:

Ingredients to Watch Out For	Acceptable Ingredients
<ul style="list-style-type: none"> • Milk (dry milk, skim milk, whole milk, condensed milk, evaporated milk) • Non-fat dry milk solids • Imitation milk • Whey (derived from milk) • Lactalbumin (protein in milk) • Casein, caseinate, sodium caseinate, calcium caseinate, potassium caseinate. • Eggs (whites or yolk) • Albumin (egg white) • Hydrolyzed vegetable protein (HVP) • Flours: soy, wheat, rice, corn, potato, artichoke, tapioca • Potato starch • Gluten (protein from wheat flour) • Gelatin • Bouillon, broth • Butter • Wheat germ • Seeds • If PKU: Aspartame or NutraSweet (artificial sweetener) 	<ul style="list-style-type: none"> • Antioxidants: BHA, BHT, sodium lactate, propyl gallate. • Stabilizing & thickening agents such as methylcellulose, alginates, carrageenan, gums, pectin • Preservatives such as calcium or sodium propionate, EDTA, potassium sorbate, sodium benzoate • Nutritional supplements such as vitamins and minerals • Sugar and Sweeteners such as corn syrup, dextrose, lactose, glucose, invert sugar, sucrose, sorbitol, saccharin, mannitol, xylitol • Emulsifiers such as polysorbate 60, sodium citrate, mono- and diglycerides • Citric acid, fumaric acids, sorbic acid, sodium citrate, acetic or malic or lactic acids • Artificial colors and flavors • Modified food starch, tapioca starch, cornstarch • Cocoa butter, Lactylic stearate • Coconut, soybean, peanut oils • Shortening, Propylene glycol • Lecithin, soybean lecithin (antioxidant) • Phenylacetic acid (artificial flavor)

More About Reading Nutrition Labels

Ingredients are listed on food labels in descending order by amount in recipe. In other words, the ingredient with the largest amount **by weight** will be listed first, the next most plentiful will be listed second, and so on. Additives and ingredients will be listed by name. It is imperative to know what ingredients and additives contain protein, as it may not be clear by just reading them.

How Much is a Serving?

Serving size is determined by individual food manufacturers, and is listed at the top of the grid on a nutritional label. The nutrition facts on the rest of the label will be based on that serving size. A serving can be listed as pieces, cups, ounces, or tablespoons.

It is critical to pay attention to serving sizes when following a protein-restricted diet. If the serving size on the label is extremely small, you can easily be eating more than one serving in a sitting. Even if the amount of protein per serving is low, it can quickly add up if multiple servings are consumed. Foods with small amounts of protein (1-2 grams per serving) might be able to be used if the serving size is substantial enough. *Run any food in question by your dietitian before giving it to your child.*

The first item to note on the Nutrition Facts label is grams of protein per serving. This will be your main guide as to whether you can eat a food. Be suspicious, however, of foods that contain less than 1 gram of protein per serving. If a serving contains between 0 and 0.5 grams per serving, the manufacturer is not required to note this in the nutrition facts. For example, Whitehall cheese (slices) have .36 gram of protein per serving, but the label notes zero grams per serving.

Technically, there is no regulation for the manufacturers to provide an accurate amount of protein in grams. If a label reads <1 gm, it could be 0.9gm or 0.1gm. If a label reads 1gm, it could have up to 1.5 or even 1.9gm of protein. You must, therefore, still check the list of ingredients for “Ingredients to watch for” or limited foods or additives to be certain of protein content.

As a rule of thumb, when reading a label, if any of the first three ingredients is listed on the “ingredients to watch out for” do *round up* the grams of protein.