

## reading a food label

Lupus

<b>Nutrition Facts</b>	
about 6 servings per container	
1 Serving size	1 cup (140g)
Amount per serving	
2 <b>Calories</b>	<b>170</b>
3 % Daily Value*	
4 Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
5 Sodium 5mg	0%
Total Carbohydrate 22g	8%
6 Dietary Fiber 2g	7%
Total Sugars 16g	10%
7 Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg 0%	
8 Calcium 20mg 2%	
Iron 1mg 6%	
Potassium 240mg 6%	

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Ingredients:** Whole Grain Oats (includes oat bran), Modified Corn Starch, Sugar, Salt, Wheat Tripotassium phosphate, Vitamin E, Modified Tapioca Starch, Soybean Oil, Ginger. Added to Preserve Freshness.

### 1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflect the amount in one serving, or "Serving size".

### 2 Calories

Look to see the number of calories in a serving. Talk to your doctor or a registered dietitian to determine your calorie needs.

### 3 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5% DV = low nutrient content

At or above 20% DV = high nutrient content

### 4 Limit Unhealthy Fats

Saturated fat and trans fat contribute to many negative health outcomes, like heart disease. Try to keep saturated fat to less than 5% of the %DV and look for 0g of trans fat on the label.

### 5 Sodium

Reducing sodium intake may reduce the risk of heart disease associated with lupus. It's important to limit your sodium intake. Aim for about 1500-2300 mg of sodium daily.

### 6 Fiber

Fiber can help improve and maintain digestive regularity. It can also help reduce the risk of heart disease. Fiber is found only in plant foods, like fruits, vegetables, beans, and whole grains. Some food manufacturers add fiber to foods that don't naturally have fiber. Try to eat 25-36 grams of fiber daily.

### 7 Limit Added Sugars

Added sugars add calories and contribute to a variety of health conditions, including heart disease, diabetes, and non-alcoholic fatty liver disease. Limit added sugars by looking for a low %DV.

### 8 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Vitamin D and calcium are especially important for those with lupus. Look for a high %DV.

### 9 Ingredient List

Avoid foods containing *garlic* and *alfalfa*. These are foods that have been shown to cause an increase in lupus symptoms and flares.