

## reading a food label

Asthma

<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%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
5 Sodium 5mg	0%
Total Carbohydrate 22g	8%
6 Dietary Fiber 2g	7%
Total Sugars 16g	10%
Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
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.

### 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 Be Fat Smart

Maintaining or achieving a healthy weight is important for asthma outcomes. One way to do this is to eat a lower fat diet. The USDA Dietary Guidelines suggest eating 20-35% of calories from fat. For a person eating 2,000 calories a day, that equals about 44g-78g of total fat daily. Try to keep saturated fat to less than 5% DV and look for 0g of *trans* fat on the label. When choosing fats, choose healthy fats, like those found in nuts, seeds, avocado, fish, and liquid oils, like extra virgin olive oil, walnut oil and flaxseed oil.

### 5 Sodium

It's important to limit your sodium intake. High-sodium diets can cause inflammation and make chronic conditions, like asthma, worse. Try to limit sodium to less than 2,400 mg per day.

### 6 Fiber

Fiber is found only in plant foods, like fruits, vegetables, beans and whole grains. Some fiber-containing foods, like beans, onions and garlic, may cause gas or bloating, which may make breathing more difficult. Keep a food log to determine problematic foods. Aim to eat 25-36 grams, or more, of fiber daily from foods that don't cause GI discomfort.

See Reverse for More →

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### 7 Limit Added Sugars

Added sugars can contribute to unwanted weight gain. To keep at a healthy weight, which may be beneficial for asthma outcomes, limit added sugars to less than 36 grams per day for men and less than 25 grams per day for women.

### 8 Protein

Protein can be found in dairy products, meat, poultry, fish and some plant-based foods, like soy, beans and legumes. Talk to your registered dietitian about the amount that's right for you.

### 9 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Look for a high %DV. Vitamin D is particularly important for a person with asthma. Vitamin D may help to boost the immune system and reduce airway inflammation.

### 10 Ingredient List

Select items with real, whole foods in the ingredient list. Steer clear of foods with ingredients you cannot pronounce. Limit artificial sweeteners like saccharin, aspartame and sucralose. If sensitive to sulfites, avoid sulfite-containing foods (*check out our Avoiding Sulfites and Salicylates handout*) or the following ingredients: sulfur dioxide, potassium bisulfite, potassium metabisulfite, sodium bisulfite, sodium metabisulfite or sodium sulfite. If sensitive to salicylates, avoid salicylate-containing foods or ingredients. See the *Avoiding Sulfites and Salicylates handout* for more information.

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