

Navegando la Etiqueta Nutricional para la Salud Renal

Esto es una clase pre-grabada

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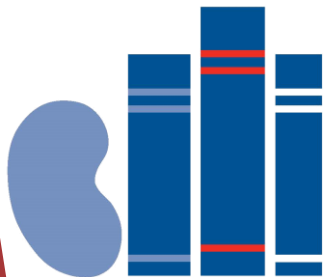
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Bienvenido

- Gracias por participar de la clase de DPC Education Center para aprender sobre la etiqueta nutricional.
- Esta clase es para propósitos educativos. Hable con su equipo médico sobre su situación individual.
- Favor completar la breve encuesta al final del programa, podrá sugerir temas para futuras clases.



Presentador



- ▶ María Eugenia Rodríguez, MS, RD, CSR
- ▶ Vivo en Puerto Rico
- ▶ Board Certified Specialist in Renal Nutrition desde 2014
- ▶ Trabajo con adultos
 - ▶ que reciben diálisis desde 2009
 - ▶ en estadios tempranos en práctica privada desde 2013
- ▶ Fundadora de ME Nutrition Services, PSC



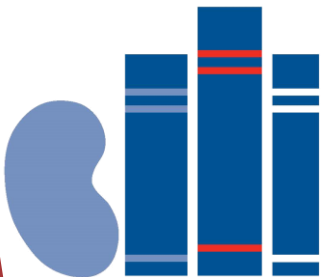
<https://nutricionrenalpr.com>

IG, FB, TikTok @nutricionrenalpr



Objetivos

- ▶ Aprender a leer los datos nutricionales
- ▶ Mejorar tu selección de alimentos según tus necesidades nutricionales específicas
- ▶ Descifrar los reclamos nutricionales en la etiqueta



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

5% o menos = BAJO

20% o más = ALTO

SODIO

140 mg o menos

PROTEÍNA

Cada 7 g = 1 porción

POTASIO

200 mg o menos

GRASA SATURADA

1 g o menos

GRASA TRANS

0 g

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, BUTTER, WATER, SOYBEAN OIL, MONO- AND DIGLYCERIDES, CONTAINS 2% OR LESS: SALT, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE, GUAR GUM, XANTHAN GUM, NATURAL FLAVOR, SODIUM STEAROYL LACTYLATE, ANNATTO, MONOCALCIUM PHOSPHATE, WHEAT STARCH, SOY LECITHIN.

CONTAINS: EGG, MILK, SOY, WHEAT.

Nutrition Facts

6 servings per container

Serving size 1/6 Cake (76g)

Amount per serving

Calories 310

% Daily Value*

Total Fat 19g 24%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 200mg 9%

Total Carbohydrate 31g 11%

Dietary Fiber less than 1g 2%

Total Sugars 16g

Includes 16g Added Sugars 32%

Protein 3g

Vitamin D 0mcg 0%

Calcium 15mg 0%

Iron 1mg 6%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

4 servings per container

Serving size 1 oz (28g / about 1/4 cup)

Amount per serving

Calories 200

% Daily Value*

Total Fat 21g 27%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 1g

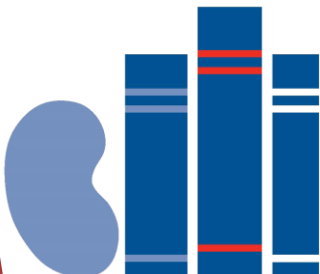
Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0% • Calcium 20mg 2%

Iron 1mg 6% • Potassium 100mg 2%

INGREDIENTS: MACADAMIA NUTS.



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

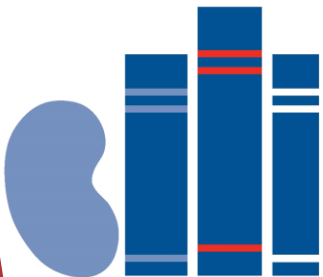
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cada 15 gramos = 1 porción

	Mujer	Hombre
Comida	45-60 gramos	60-75 gramos
Merienda	0-15 gramos	15-30 gramos



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cada 15 gramos
= 1 porción

3 gramos o más

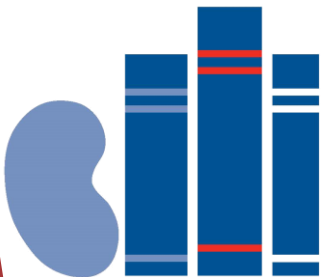
Fibra

Mujer

21-25 gramos

Hombre

30-38 gramos





Todo el cereal que contiene el producto es integral.

Mínimo 16 gramos equivalente a 1 servicio



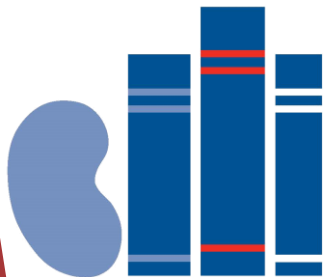
La mitad del cereal que contiene el producto es integral.

Mínimo 8 gramos equivalente a 1/2 servicio



Contiene principalmente cereales refinados.

Mínimo 8 gramos equivalente a 1/2 servicio



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

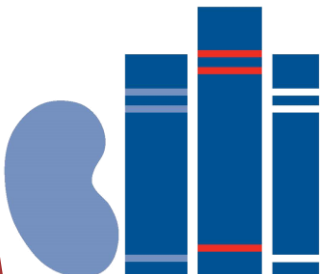
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Azúcar Añadida

Mujer	Hombre
< 25 gramos	< 36 gramos
< 6 cdtas	< 9 cdtas
< 100 calorías	< 150 calorías
< 10% calorías diarias	

1 cda Azúcar

4 g
Carbohidratos



Ejemplo: Merienda

A

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Serving size 1 bar (40g)		Total Fat 13g	17%	Total Carb. 18g	7%
Calories per serving 170		Sat. Fat 1g	5%	Fiber 5g	18%
		<i>Trans</i> Fat 0g		Total Sugars 8g	
		Polyunsaturated Fat 3g		Incl. 6g of Added Sugars	12%
		Monounsaturated Fat 8g		Sugar Alcohol 0g	
		Cholesterol 0mg	0%	Protein 5g	
		Sodium 20mg	1%		
Vitamin D 0% • Calcium 4% • Iron 6% • Potassium 4%					

B

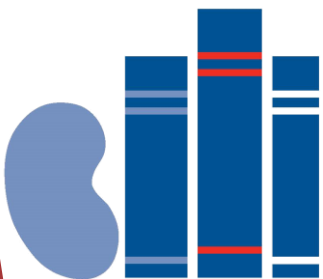
Nutrition Facts

8 servings per container
Serving size 1 Bar (37g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	5%
Total Sugars 12g	
Incl. 12g Added Sugars	24%
Protein 2g	

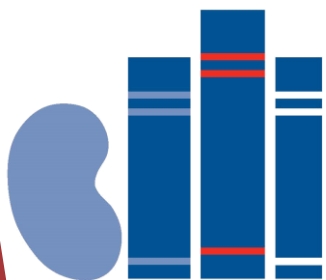
Vitamin D 0mcg 0% • Calcium 130mg 10%
 Iron 1.8mg 10% • Potassium 80mg 0%
 Vitamin A 10% • Thiamin 10%
 Riboflavin 10% • Niacin 10%
 Vitamin B₆ 10% • Zinc 10%



Productos “SIN AZÚCAR”

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*	*The % Daily Value (DV) tells you how a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
About 6 servings per container		Total Fat 5g	6%	Total Carb 23g	8%		
Serving size 10 Cookies (31g)		Saturated Fat 1.5g	8%	Dietary Fiber 2g			
Calories per serving 120		Trans Fat 0g		Total Sugars 0g			
		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%		
		Sodium 100mg	4%	Sugar Alcohol 7g			
				Protein 2g			
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1.1mg 6% • Potassium 110mg 2%					

Sorbitol, Mannitol, Xylitol, Isomalt. Exceso puede causar diarrea.

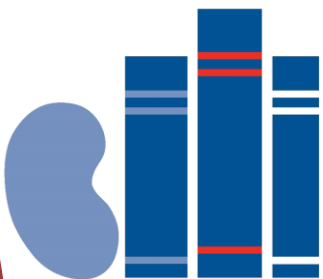


5 Galletas: 60 calorías, 12 g carbohidratos, 1 g fibra

Standards of Medical Care in Diabetes 2022

Nonnutritive sweeteners

5.26 The use of nonnutritive sweeteners as a replacement for sugar-sweetened products may reduce overall calorie and carbohydrate intake as long as there is not a compensatory increase of energy intake from other sources. Overall, people are encouraged to decrease both sweetened and nonnutritive-sweetened beverages, with an emphasis on water intake. **B**

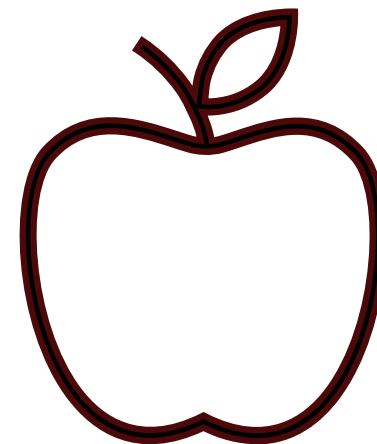


General

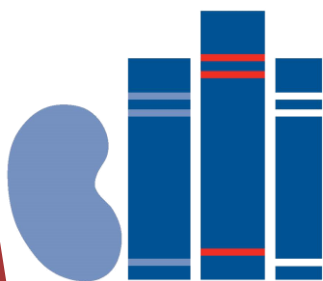
Energy	77.5	kcal	<div style="width: 4%;"></div>	4%
Alcohol	0.0	g	No Target	
Caffeine	0.0	mg	No Target	
Oxalate	2.8	mg	No Target	
Water	127.5	g	<div style="width: 5%;"></div>	5%

Carbohydrates

Carbs	20.6	g	<div style="width: 24%;"></div>	24%
Fiber	3.6	g	<div style="width: 14%;"></div>	14%
Starch	0.1	g	No Target	
Sugars	15.5	g	No Target	



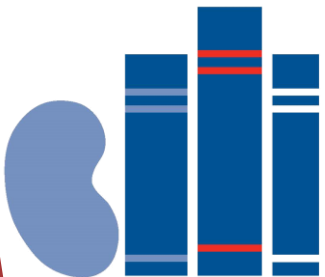
1 manzana pequeña
con cáscara



INGREDIENTS: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, SALT, NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, CARAMEL COLOR, SODIUM HEXAMETAPHOSPHATE, SODIUM BENZOATE AND SORBIC ACID (PRESERVATIVES).

Lista de ingredientes:

- High Fructose Corn Syrup: asociado con hígado graso, resistencia a la insulina, lípidos elevados, hipertensión y enfermedad renal





Lista de ingredientes:

- Aditivos de fósforo (“phosphate”)
- Aditivos de potasio (“potassium”)

INGREDIENTS: POULTRY INGREDIENTS (TURKEY, MECHANICALLY SEPARATED TURKEY), WATER, SUGAR, CONTAINS 2% OR LESS OF SMOKE FLAVORING, SALT, CANOLA OIL, SUNFLOWER OIL, POTASSIUM CHLORIDE, SODIUM ERYTHORBATE, SODIUM NITRITE, SODIUM PHOSPHATE, NATURAL FLAVORING. CONTAINS NO PORK. GLUTEN FREE.

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*FAT CONTENT HAS BEEN REDUCED FROM 8g TO 2.5g PER SERVING
 **SODIUM CONTENT REDUCED FROM 180mg TO 105mg

Nutrition Facts

Serving Size 2 slices (18g)
 Servings Per Container about 9

Amount Per Serving

Calories 30 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 105mg 4%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 3g 6%

Not a significant source of vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



Palabras en la etiqueta

Natural

Sin Gluten

Lite

Multigrano

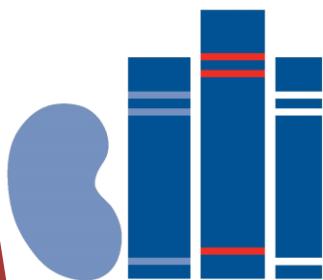
Fortificado o
Enriquecido

Sabor a fruta

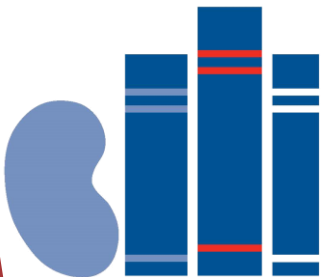
Sin lactosa

Sin sabores,
colores o
endulzantes
artificiales

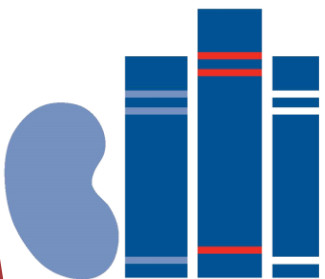
Orgánico o
Sin GMO



Usar prácticas de producción agrícola que fomenten el ciclo de los recursos, promuevan el equilibrio ecológico, mantengan y mejoren la calidad del suelo y del agua, minimicen el uso de materiales sintéticos y conserven la biodiversidad.

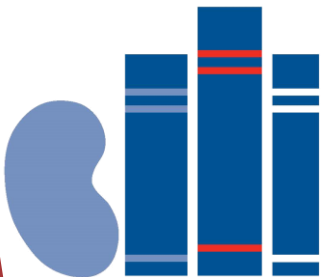


GMO es una planta,
animal,
microorganismo u otro
organismo cuya
composición genética
ha sido modificada en
un laboratorio usando
ingeniería genética o
tecnología
transgénica.



Puntos de práctica

- ▶ Conozca sus necesidades individuales
- ▶ No se deje llevar por la parte de al frente del producto
- ▶ Practique a leer la etiqueta nutricional y los ingredientes. Compare productos para escoger el mejor para usted.



El DPC Ed Center le agradece por su interés en este programa y por completar la encuesta

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