

# reading a food label

## Multiple Sclerosis

### Nutrition Facts

about 6 servings per container

1 Serving size 1 cup (140g)

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Amount per serving

**Calories 170**

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% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
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 the oat bran), Modified Corn Starch, Sugar, Salt, Wheat Starch, 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 reflects the amount in one serving, or "Serving size".

### 2 Calories

Look to see the number of calories in a serving. Changes in mobility may affect the number of calories your body needs daily. 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

Research is mixed as to whether sodium (salt) plays a role in MS disease activity. However, for general health it's important to limit your sodium intake. Aim for less than 2300 mg daily.

### 6 Fiber

Fiber may help to relieve the constipation associated with MS. Fiber is found only in plant foods, like fruits, vegetables and whole grains. Some food manufactures 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 multiple sclerosis. Look for a high %DV.

### 9 Ingredient List

Avoid foods containing *carrageenan* and *maltodextrin*. These are food additives that are known to be problematic, especially in people with chronic illnesses.