

## SODIUM OR SALT

Sodium is a mineral necessary to maintain fluid balance and blood pressure. Excessive sodium or salt intake greater than your kidney can handle will result in thirst and fluid retention. You will need to use less sodium to avoid these problems. A low sodium diet also controls high blood pressure.



One of the main sources of sodium in the diet is table salt. Table salt is made up of 2 minerals, sodium and chloride. All plant and animal foods contain natural sodium in varying amounts which is okay. Many foods however have sodium compounds added to them in processing or preparation.

It is necessary for people with kidney failure to avoid the use of salt and well as foods containing salt or sodium additives. Serum sodium values are generally in the good range and are not influenced by diet. Weight gains are a better indicator of sodium intake.

General Instructions for Sodium (Salt) Restriction for 2g or 2000mg (87 mmol)

1. Do not add salt to your foods.
2. Do not add salt to the foods your are cooking.
3. Avoid high sodium foods.
4. Do not use Salt substitutes such as NuSalt™, No salt™ and Half Salt™ as they contain potassium chloride.
5. Do experiment with a mixture of allowed spices to flavour your food.
6. Avoid any foods and drugs containing salt or sodium compounds. The words “soda”, “Sodium” or the symbol “Na” on the label will help you recognize the products containing salt compounds.

**Know your sodium allowance for the day.**

**Read the label**

**Check amount of sodium in a serving.**

**Do not buy an item if sodium is >300 mg per serving.**

**Avoid foods with sodium listed as one of the first five ingredients.**

7. Avoid the following foods which are high in salt, unless otherwise indicated by your dietitian.

## Foods High in SODIUM

Smoked, cured Or dried meats	Hot dog, ham, bacon, sausage, kielbasa, cold cuts such as salami, bologna, corned beef, pastrami and liverwurst), beef jerky, sardines, smoked salmon, canned meat
Fast foods	Pizza, burritos, fish sandwich, milkshakes, tacos, fried chicken, salted French Fries
Snack foods	Chips, pretzels, salted popcorn, salted nuts, crackers
Seasonings/sauces	Gravies, sauces, ketchup, soy sauce, steak sauce, barbecue sauce, prepared mustard, salad dressing
Processed foods	Instant cereal, packaged noodles and potato mixes, olives, relish, pickles, instant rice mixes, biscuits, bouillon, instant cocoa mixes
Frozen foods	Meat pies, TV dinners, waffles, pancakes
Canned foods	Soups, vegetables, tomato products, vegetable juices, mains dishes such as ravioli, macaroni and cheese etc
Other	Garlic salt, celery salt, seasoning salt, onion salt, meat tenderizer, flavour enhancers, cheese, marinated cold salads, macaroni salad, garlic bread, barbecued meats, fried foods with a batter, Chinese food, sauerkraut, baking soda and antacids that have not been prescribed