Foods with High Sodium Content

- Table Salt
- Teriyaki Sauce
- Marinades
- Seasonings like
- Garlic Salt
- Onion Salt

Condiments like

- Ketchup
- BBQ Sauce
- Soy Sauce
- Salad Dressing
- Gravy
- Marinara Sauce

Processed meats

- Sausage
- Hot Dogs
- Lunch Meat
- Ham
- Bacon
- Pepperoni

Salty snack foods like

- Potato Chips
- Crackers
- Cheetos
- Salted Nuts
- Chex Mix

Canned Items

- Canned Soups
- Canned Produce
- Ramen Noodles

Fast Foods

- Most Restaurant Foods
- Chinese Take Out

Foods with Lower Sodium Content

Fresh Foods like

- Fresh Produce
- Fresh Meats
- Fresh Dairy Products
- Frozen Vegetables and Fruits

Fresh Seasonings and Herbs like

- Garlic
- Lemon
- Onion

- Cilantro
- Lime
- Dill
- Oregano
- Rosemary
- Vinegar

Snacks like

- Unsalted Popcorn
- No Salt Added Crackers
- Pretzels
- Corn Tortilla Chips

Low Sodium Diet Guidelines

For patients with Chronic Kidney Disease

My Sodium Allowance is _____ mg

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What is Sodium?

Sodium is a mineral found in most foods that helps balance how much fluid your body keeps. It also helps regulate nerve impulses and muscle contractions.

Kidney disease may cause the kidneys to be unable to remove excess sodium from the body causing it to build up in the blood. Because sodium attracts and holds water, blood volume increases. This can cause:

- High Blood Pressure
- Swelling
- Thirst
- Heart Disease
- Stroke

Levels of sodium in the blood should be monitored by a healthcare provider. The normal level of sodium should range from 135 to 145 mEq/L.

Low sodium diets limit total consumption to 1,500 to 2,000 mg daily. Check with your physician to receive the daily limit that's right for you.

***Hypernatremia** is the medical term that describes a sodium level in your blood that's higher than normal.*

Salty Misconceptions

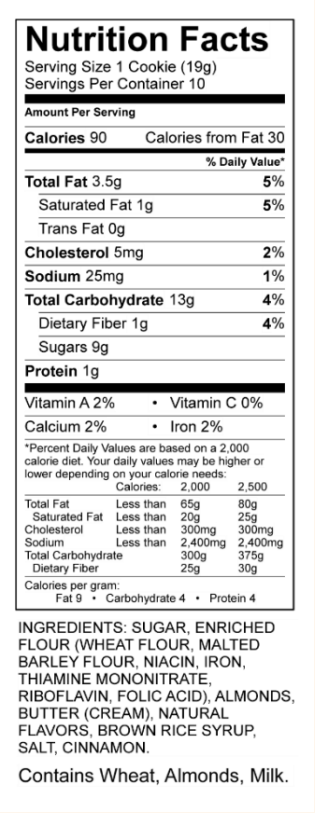
The biggest contributor to sodium consumption is not the salt shaker. Approximately 75% of the sodium you eat comes from sodium added to processed foods and restaurant foods. This makes it difficult to choose foods with less sodium and to limit how much sodium you are eating because it is already added to your food before you purchase it.

Kidney patients should NOT eliminate salt completely from their diet. Sodium is an essential nutrient that controls blood pressure and ensures nerves and muscles work properly, so you need the proper amount.

Sea Salt does NOT contain LESS sodium than table salt. Sea salt typically contains the same percentage of sodium as table salt.

High levels of sodium are not found only in food. Some over the counter medications contain high levels of sodium. Be sure to read drug labels carefully.

Tips for Reading a Food Label



Nutrition Facts

Serving Size 1 Cookie (19g)
Servings Per Container 10

Amount Per Serving

Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 25mg	**1%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 1g	

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ALMONDS, BUTTER (CREAM), NATURAL FLAVORS, BROWN RICE SYRUP, SALT, CINNAMON.

Contains Wheat, Almonds, Milk.

- Pay close attention to single serving size
- Limit snacks to 140-150mg per serving.
- Limit Meals to 400-500mg
- Avoid items that have over 8% of your daily value
- Compare food labels of various brands
- Avoid products that list salt or sodium containing compoiounds in the first 5 ingredients

  - *Monosodium glutamate (MSG)*
  - *Sodium Bicarbonate (Baking soda)*
  - *Baking powder*
  - *Disodium phosphate*
  - *Sodium citrate*
  - *Sodium nitrate*

Cooking tips:

- Take time to plan ahead.
- Shop the outer portion of the grocery store.
- Use fresh meats and produce. Avoid processed food.
- Use spices that don't list "salt" in their title (example: Choose garlic powder instead of garlic salt.)
- Cook from scratch and use spices, herbs, lemon, garlic, ginger, vinegar and pepper to season food.
- Keep a food journal.