# Low Sodium Diet Guidelines

For patients with Chronic Kidney Disease

## Foods with High Sodium Content
- Table Salt
- Teriyaki Sauce
- Marinades
- Seasonings like Garlic Salt
- Onion Salt

## Processed meats
- Sausage
- Hot Dogs
- Lunch Meat
- Ham
- Bacon
- Pepperoni

## Canned Items
- Canned Soups
- Canned Produce
- Ramen Noodles

## Condiments like
- Ketchup
- BBQ Sauce
- Soy Sauce
- Salad Dressing
- Gravy
- Marinara Sauce

## Salty snack foods like
- Potato Chips
- Crackers
- Cheetos
- Salted Nuts
- Chex Mix

## Fresh Foods like
- Fresh Produce
- Fresh Meats
- Fresh Dairy Products
- Frozen Vegetables
- Fruits

## Fresh Seasonings and Herbs like
- Garlic
- Lemon
- Onion

## Snacks like
- Unsalted Popcorn
- No Salt Added Crackers
- Pretzels
- Corn Tortilla Chips

## Fast Foods
- Most Restaurant Foods
- Chinese Take Out

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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. 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 in the blood is between 135 to 145 mg/dL.

Sodium 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 eat.

High levels of sodium are not found only in food. Some over-the-counter medications contain high levels of sodium.

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.

Tips for Reading a Food Label:

- Keep a food journal.
- Choose garlic powder instead of garlic salt.
- Use spices that don’t list “salt” in their title (example: Montreal’s Garlic powder).
- Shop the outer position of the grocery store.
- Take time to plan ahead.

Cooking Tips:

- Avoid products that list salt or sodium-containing compounds in the first 5 ingredients.
- Keep a food journal that lists all of your daily intake.
- Compare food labels of various brands.
- Pay close attention to single serving size.
- Avoid items that have over 15% of daily values for sodium.

Salty Misconceptions:

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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.

Cooking tips:

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