# Foods with High Sodium Content

### **Processed Meats**

- Sausage
- Hot dogs
- Lunch meat
- Ham
- Bacon
- Pepperoni

### Seasonings



- Teriyaki sauce
- Marinades
- Garlic salt
- Onion salt

### **Canned Items**

- Canned soups
- Canned produce
- Ramen noodles

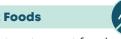
- **Condiments**
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- Ketchup • BBQ sauce
- Soy sauce
- Salad dressing
- Gravy
- Marinara sauce



- Potato chips
- Crackers
- Cheetos
- Salted nuts
- Chex Mix



 Most restaurant foods (dine-in or takeout)

# **Foods with Lower Sodium Content**

### **Fresh Foods**

- Fresh produce
- Fresh meats
- Fresh dairy products

### Snacks

- Unsalted popcorn
- No salt added crackers
- Pretzels
- Corn tortilla chips



- Frozen fruits & vegetables





- Lemon Oregano
- Onion Rosemary
- Cilantro Vinegar
- Lime



## For patients with rare kidney disease



### My Sodium Allowance is \_\_\_\_

mg

### NephCure



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**Fast Foods** 

# 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 kidnevs 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

# **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.

healthcare provider. The normal

level of sodium should range

Low sodium diets limit total

consumption to 1.500 to 2.000 mg

daily. Check with your physician

Hypernatremia is the

medical term that describes

a sodium level in vour blood

that's higher than normal.

to receive the daily limit that's

from 135 to 145 mEq/L.

right for you.

- 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 only found 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** Levels of sodium in the blood Nutrition Facts should be monitored by a

Amount Per Serv	/ing		
Calories 90	Calc	ories fron	n Fat 30
		% Da	aily Value
Total Fat 3.5	g		5%
Saturated Fat 1g			5%
Trans Fat 0	g		
Cholesterol 5mg			2%
Sodium 25m	g		1%
Total Carboh	ydrate	13g	4%
Dietary Fib	er 1a	-	4%
Sugars 9g	0		
Protein 1g			
Froteining			
Vitamin A 2%	• `	√itamin 0	0%
Calcium 2%	• 1	ron 2%	
*Percent Daily Va calorie diet. Your lower depending	daily values	may be hig	000 gher or 2,500
Saturated Fat Cholesterol	Less than Less than Less than Less than	65g 20g	80g 25g 300mg

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 compoiound in the first 5 ingredients:
  - Monosodium glutamate (MSG)
  - Sodium bicarbonate (baking soda)
  - Baking powder
  - · Disodium phosphate
  - Sodium citrate
  - Sodium nitrate



- **Cooking Tips:**
- 1. Take time to plan ahead.
- 2. Shop the outer portion of the grocery store.
- **3.** 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). 4.
- Cook from scratch and use spices, herbs, lemon, garlic, ginger, vinegar, and pepper to season food.
- 6. Keep a food journal.

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