

Shake off the salt for kidney health

Taking steps to follow a low-sodium diet can help you feel your best. Too much sodium in your diet can cause high blood pressure, fluid retention, and increase your risk of heart disease and stroke.

Sodium adds up

You may be consuming more sodium than you realize:



Packaged foods and fast food contain large amounts of sodium.



Salt substitutes switch out sodium for potassium. If you're on a low-potassium diet, talk to your doctor or dietitian about better options.



Table salt has 2,300 milligrams (mg) of sodium per teaspoon. Himalayan pink, kosher, and sea salt are all considered salts and have large amounts of sodium.



Tips to toss the salt

Read food labels and follow these low-sodium tips:

- Cook from scratch instead of getting fast food. Try adding flavor with seasonings like garlic powder, basil, cumin, vinegar, cilantro, lemon, and lime.
- Avoid packaged foods. Shop the outer grocery store aisles for fresh, wholesome foods.
- Choose foods with fewer mg of sodium than calories per serving. For example, animal crackers have 140 calories and 95 mg of sodium per serving.
- Look for “no added salt” on canned food labels. Always rinse canned foods to reduce sodium.



We are here to help!

Work with your dietitian to determine the right amount of sodium for you.



Activity

Build healthier meals by replacing high-sodium foods with the lower-sodium foods listed below. The numbers represent the total mg of sodium. Add up the sodium in the meals you put together to make sure you don't go over the limit.

79 mg 1 small apple with 2 tbsp natural nut butter	575 mg 4 oz baked chicken breast	15 mg ½ cup broccoli	12 mg 8 oz coffee with 2 tbsp 2% milk	367 mg 2 eggs on 1 whole wheat English muffin
665 mg 1 sandwich with 3 oz tuna	13 mg 1 cup salad with 2 tbsp oil and vinegar	1 mg ½ cup strawberries	30 mg ½ cup whole grain rice	146 mg 1 whole wheat dinner roll

High-sodium meals

Breakfast:

Sausage, egg, cheese biscuit with hashbrown, and coffee with cream
Sodium total: 1,459 mg

Lower-sodium foods: _____

Sodium (mg): _____

Lunch:

Turkey and cheese sandwich with mustard, mayo and a pickle spear
Sodium total: 1,674 mg

Sodium total: _____ mg

Dinner:

Breaded chicken patty, macaroni and cheese, canned mixed vegetables, and corn muffin
Sodium total: 1,728 mg

Sodium total: _____ mg

Sodium total: _____ mg

High-sodium daily total: **4,861** mg

Lower-sodium daily total: _____ mg