

# Sodium

## & Renal Diets



*Sodium is a mineral that is found in most foods you eat. It helps balance how much fluid your body keeps, while also helping to regulate nerve and muscle function.*

### Why Limit Sodium on a Renal Diet?

- Kidneys excrete excess sodium in your body. However, when the kidneys are not able to work well, sodium and fluid can build up in your tissues and bloodstream.
- Sodium build up can cause
  - High blood pressure
  - Fluid weight gain
  - Thirst
  - Swelling of the ankles or fingers

### High Sodium Foods to Avoid

- Bottled or canned sauces (soy, barbeque, oyster, steak, teriyaki etc.)
- Bouillon cubes, dry soup mix, canned soup
- Canned vegetables (with salt) and vegetable juices
- Canned beans or pasta in sauce, chili, stew
- Pickled, cured and smoked foods
- Packaged mixes for macaroni and cheese or flavored rice
- Processed cheese items
- Salted snack foods (chips, pretzels, nuts, popcorn)

### Tips for limiting Sodium

#### Read Food labels

- The food is not a good choice if there is greater than 8% of the daily value of sodium per serving, or if salt is listed in the first five ingredients
- Compare various brands of the same product to find the lowest sodium option

**Ask your server** for low sodium options available on the menu when eating out at restaurants

#### Use Substitutes

- Salt enhances flavors, to keep flavor in your dish try replacing salt with herbs and spices
- For example, fresh garlic, fresh onion, garlic powder, black pepper, lemon juice, dry mustard

**Use fresh meat**, rather than packaged.

- Fresh beef, chicken or pork still contain sodium, but still contain less than processed products such as bacon or ham

**Buy fresh, frozen or canned** vegetables with no salt or sauce added

**Eat more fruit and vegetables** which are naturally low in sodium

Kidney.org

### What foods Can I eat?



Low sodium drinks such as coffee, tea and fruit juices



Whole grain cereal brands with less than 125-160 mg



Cookies or crackers with less than 125 mg per serving



Eat natural, unprocessed cheese and ½ – 1 cup of low fat and/or fruit yogurt and cottage cheese



Fresh cuts of meat that are not smoked, cured or processed



Fresh, frozen or canned fruits and vegetables (with little or no added sodium)