

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)