

Sodium and the Renal Diet

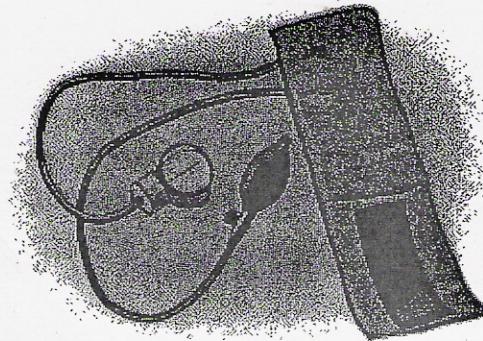
What is sodium?

Sodium is a mineral that is found naturally in foods and is the major part of table salt.

What are the effects of too much sodium?

Some salt or sodium is needed for body water balance. But when your kidneys lose the ability to regulate sodium and water, you may experience the following:

- ◆ thirst
- ◆ fluid gain
- ◆ high blood pressure
- ◆ discomfort during dialysis



By using less sodium in your diet, you can control these symptoms.

Halt the Salt!

Tips to keep your sodium intake down:

1. Cook with herbs and spices instead of salt.
2. Read food labels and choose those foods low in sodium.
3. Avoid salt substitutes and especially low-sodium foods made with salt substitutes because they are high in potassium.
4. When eating out, ask for meat or fish without salt. Ask for gravy or sauce on the side, as these may contain large amounts of salt and should be used in small amounts.
5. Limit use of canned, processed and frozen foods.

Some information about reading food labels (Also see the section on "Reading Food Labels")

◆ Understanding the terms:

Sodium Free	Only a trivial amount of sodium per serving.
Very Low Sodium	35 mg. or less per serving
Low Sodium	140 mg. or less per serving
Reduced Sodium	Usual level of sodium is reduced by 25%
Light or Lite in Sodium	Usual level of sodium is reduced by 50%

- ♦ Simple rule of thumb: If salt is listed in the first five ingredients, the item is too high in sodium. This is because ingredients are listed in order of the highest to the lowest amounts contained in the product.
- ♦ When these terms are used on a label, or whenever any sodium diet claim is made, the number of milligrams in a serving must be listed.

How to find sodium information on the label:

1. First of all, know your daily sodium allowance. Remember that there are 1000 milligrams (mg) in 1 gram. For example, if your diet prescription is 2 grams of sodium, your limit is 2000 milligrams per day. Consider the sodium value of other food to be eaten during the day.
2. Next, look at the package label. Check the serving size. Nutrition values are expressed per serving. How does this compare to your total daily allowance? If the sodium level is 500 mg or more per serving, the item is not a good choice.
3. Compare labels of similar products. Select the lowest sodium level for the same serving size.

Sodium Alternatives

Your doctor may have told you to limit sodium (salt) in your diet. Avoid using commercial salt substitutes, because they are high in potassium. Instead of these, try using these ideas for natural salt substitutes below.

How can I limit sodium in my diet?

Follow the suggestions in the following chart if you need to limit the amount of sodium (salt) in your diet.

Limiting Sodium and Sodium Substitutes

LIMIT THE AMOUNT OF...	FOODS TO LIMIT BECAUSE OF THEIR HIGH SODIUM CONTENT	ACCEPTABLE NATURAL SUBSTITUTES
SALT & SALT SEASONINGS	Table salt Garlic salt Lite salt Celery salt Onion salt Bouillon cubes Lemon pepper Meat tenderizer Flavor enhancers	Fresh garlic, fresh onion, garlic powder, onion powder, black pepper, lemon juice, low-sodium/salt free seasoning blends, vinegar
SALTY FOODS	High Sodium Sauces such as: Barbecue sauce Soy sauce Steak sauce Oyster sauce Teriyaki sauce Salted Snacks such as: Crackers Corn chips Tortilla chips Popcorn Potato chips Pretzels Nuts Sunflower seeds	Homemade or low-sodium sauces and salad dressings; vinegar; dry mustard; unsalted tortilla or corn chips

LIMIT THE AMOUNT OF...	FOODS TO LIMIT BECAUSE OF THEIR HIGH SODIUM CONTENT	ACCEPTABLE NATURAL SUBSTITUTES
CURED FOODS	Ham Bacon Salt pork Sauerkraut Lox & herring Pickles, pickle relish Olives	Fresh beef, veal, pork, poultry, fish, eggs
LUNCHEON MEATS	Hot dogs Cold cuts, deli meats Pastrami Sausage Corned beef Spam	Low-salt deli meats
PROCESSED FOODS	Buttermilk	Natural cheese (1-2oz. per week)
PROCESSED FOODS	Canned: Soups Vegetable juices Tomato products Canned vegetables Convenience Foods such as: TV dinners Canned Raviolis Macaroni & cheese Chili Spaghetti Commercial mixes Frozen prepared foods Fast foods	Homemade or low-sodium soups, canned food without added salt Homemade casseroles without added salt, made with fresh or raw vegetables, fresh meat, rice, pasta or unsalted canned vegetables

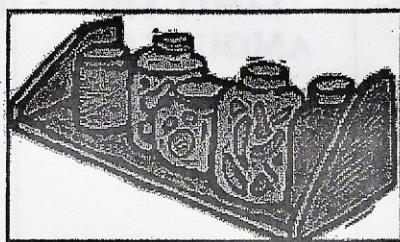
Source: "Sodium and Renal Diet: How to Spice Up Your Cooking"

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Spice Up Your Diet

Here are some seasoning recipes:

When using the following seasoning recipes, make sure to blend well. Place in a shaker. Experiment and create your own seasoning containing those spices that you like.



American Favorite Blend

5 tsp. onion powder (not onion salt)

1 Tbsp. garlic powder

1 Tbsp. paprika

1 Tbsp. dry mustard

1 tsp. thyme

1/2 tsp. white pepper

1/2 tsp. celery seeds

Yield: about 1/4 cup

(Health Education Association Inc., Glenside, PA)

Spicy Seasoning

3 Tbsp. celery seed

1 Tbsp. onion powder

1 tsp. garlic powder

2 Tbsp. crushed oregano

1 Tbsp. crushed thyme

1-1/2 tsp. ground bay leaf

1-1-2 tsp. black pepper

1/1-2 tsp. ground cloves

Yield: about 1/2 cup

(Nutrition: The Art of Good Eating, Seattle, WA)