



If you need to limit sodium

What is sodium?

Sodium is a mineral found in most foods that helps balance how much fluid your body keeps. Sodium also helps regulate nerve and muscle function.

Why limit sodium?

Healthy kidneys can get rid of sodium in your body, but when kidneys do not work well, sodium and fluid can build up. This can cause:

- high blood pressure
- fluid weight gain
- thirst
- swelling of ankles or fingers
- puffiness around the eyes

How much sodium is okay to eat?

Your healthcare professional recommends eating less than:

_____ mg per day

READ FOOD LABELS

to find the best choice for your diet

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Servings Per Container

lists how many portions per container.

Serving Size tells you what a single portion is.

% Daily Value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Sodium per serving. For reference: 1 g (gram)= 1000 mg (milligrams) 1 tsp= 2,300 mg of sodium

Ingredients are listed in order of weight, with the item of the most weight listed first.

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

NOT a good choice if:

- There is greater than 240 mg or 8% of the daily value of sodium per serving.
- Salt is listed in the first few ingredients.
- If the mg of sodium are greater than the calories per serving.

USE HEALTHY TIPS

to shop, plan, and prepare meals with less potassium

At home

- Use herbs and spices instead of salt.
- Don't use salt substitutes (such as potassium) or foods that contain salt substitutes unless approved by your healthcare professional or dietitian. Most have potassium chloride (some people with kidney disease must limit potassium).

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- Request no salt when ordering grilled, sautéed or baked entrees.
- Ask that sauces be omitted or served on the side.
- Chinese and Japanese food may be high in sodium. Request no MSG (monosodium glutamate), soy sauce, or fish sauce in food preparation. Choose steamed rice. (Fried rice often has soy sauce added.) Do not add soy sauce after food is served.

USE SUBSTITUTES

for high-sodium foods

INSTEAD OF:

TRY:


Salt and salt seasoning:

- | | | |
|--------------------|-------------------|--|
| • Table salt | • Lemon pepper |  <ul style="list-style-type: none"> • Fresh garlic • Fresh onion • Garlic powder • Onion powder • Black pepper • Lemon juice • Low-sodium/salt-free seasoning blends • Vinegar, regular or flavored |
| • Seasoning salt | • Lite salt | |
| • Garlic salt | • Meat tenderizer | |
| • Onion salt | • Bouillon cubes | |
| • Celery salt | | |
| • flavor enhancers | | |

High-sodium sauces:

- | | | |
|------------------|------------------|---|
| • Barbecue sauce | • Teryiaki sauce | <ul style="list-style-type: none"> • Homemade or low-sodium sauces and salad dressings • Vinegar • Dry mustard |
| • Steak sauce | • Oyster sauce | |
| • Soy sauce | | |

Cured foods:

- | | | |
|--------------|--------------------------|--|
| • Ham | • Pickles, pickle relish |  <ul style="list-style-type: none"> • Fresh beef, veal, pork, or poultry • Fish • Eggs |
| • Salt pork | • Lox and herring | |
| • Bacon | • Olives | |
| • Sauerkraut | | |

Canned foods:

- | | |
|--------------|--|
| • Soups | <ul style="list-style-type: none"> • Homemade or low-sodium soups • Canned food without added salt |
| • Juices | |
| • Vegetables | |

HIGH-SODIUM FOODS

- Table salt



- Seasonings like soy sauce, teriyaki sauce, garlic salt or onion salt



- Most canned foods and frozen dinners (unless they say "low sodium")



- Pickled, cured, smoked or processed meats, like ham, bacon, sausage and cold cuts



- Salted snack foods, like chips and crackers



- Canned or dehydrated soups like packaged noodle soup



- Most restaurant foods, take-out foods and fast foods



LOW-SODIUM FOODS

- Fresh foods:
 - Fruits, Vegetables
 - Meat, Fish, Poultry,
 - Dairy products (milk, eggs, cheese)



- Frozen vegetables



- Fresh seasonings (garlic, onion, lemon juice, pepper)



- Fresh or dried herbs and spices (basil, bay leaf, curry, ginger, sage, thyme)



- Unsalted popcorn, pretzels, plain tortilla or corn chips



COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE
Meat, fish, and poultry	
Meats, fish, poultry	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1/2 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, beans, peas	1/2 cup
Peanut butter	2 tablespoons

Dietitians who specialize in kidney disease can tell you how many servings from each food group you should have at each meal. Depending on your diet prescription and preferences, you may be able to eat more than one.