

PEP CONNECT

*Patient
Education
Program*

Sodium / Salt

You Can Manage Your Salt Intake !

What is sodium/salt and why is it important?

The kidneys help to keep the body's chemicals in balance. **Table salt** is the compound **sodium chloride**. In small amounts, sodium is an important part of nutrition. Your body needs some sodium to function.

Sodium helps **maintain a healthy balance of fluids in your body, regulate blood pressure, and helps the function of the muscles and nerves.**

The kidneys filter extra sodium out of your body through urine. When your kidneys do not work well, they cannot filter salt. This can cause sodium to stay in your body and make your blood pressure high. Sodium attracts water, which increases your blood volume. This makes your heart work harder to move more blood through your vessels and increases pressure in your arteries causing high blood pressure.



How much sodium do I need?

You can manage your sodium intake if you know how much you can have. **Ask your dietitian what sodium amount is best for you.** One teaspoon of salt has 2,300 milligrams of sodium.

Greenfield Health Systems

Dedicated to Dialysis

What can too much sodium do?

Too much sodium/salt can cause:

Thirst – Salt may cause you to be thirsty and drink more, making you gain excess fluid weight. This could make it difficult to remove all the fluid you've gained between dialysis treatments.

Fluid gains – Excess fluid around your lungs and heart makes it harder for you to breathe. Too much fluid also causes heart failure and cramping.

Cramping during dialysis – Excess fluid causes cramping or muscle contractions during dialysis.

High blood pressure – This can lead to a heart attack or stroke. **Using less salt helps control blood pressure and reduces weight gains between dialysis treatments.**

What can I do to lower my sodium intake?

Most of the sodium you eat does not come from a salt shaker. Sodium is added to many processed and prepared foods you buy at the supermarket or at restaurants. Sodium is found in many canned, packaged, and fast foods. It is also found in many condiments (ketchup for example), seasonings, and meats. To lower your sodium you should:

- Know your daily allowance.
- Read the package label. Check the serving size and nutrition values. Compare labels of similar products and choose the lowest in sodium.
- Look for terms such as “low sodium,” “light in sodium,” and “sodium-free” on packages. Avoid low-sodium foods made with potassium chloride.
- Watch your beverage intake (canned or bottled drinks). Some beverages may not taste salty but have added sodium. Some sports beverages also have added sodium.
- Avoid salt substitutes; they are high in potassium.



How do I read a nutrition facts label?

- Read the nutrition facts label to compare foods.
- There may be more than one serving in the package, so be sure to check serving size.
- Choose foods with the lowest Percent Daily Value (%DV) for sodium. The %DV tells you if a food is high or low in sodium. It gives you the amount of sodium in one serving. 5% or less is low and 20% or more is high.

Nutrition Facts Label Example

| Nutrition Facts | | | |
|-------------------------------|--------------|-----------------------|---------------------|
| Serving Size: 1 cup (228g) | | | |
| Serving Per Container: 2 | | | |
| Amount Per Serving | | | |
| Calories: 300 | | Calories from Fat 100 | |
| | | | % Daily Value (DV)* |
| Total Fat 11g | | | 17% |
| Saturated Fat 5g | | | 25% |
| Trans Fat 0g | | | 0% |
| Cholesterol 40mg | | | 13% |
| Sodium 250 | | | 11% |
| Total Carbohydrate 42g | | | 14% |
| Dietary fiber 7g | | | 28% |
| Sugar 0g | | | 0% |
| Protein 8g | | | 0% |
| Vitamin A 4% | Vitamin C 2% | | |
| Calcium 15% | Iron 4% | | |

*Percent daily values are based on a 2,000 calorie diet

◀ Check the serving size. There could be more than one serving in a package.



◀ The % DV for sodium in one serving.

Choose foods with the lowest %DV for sodium.

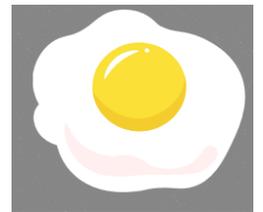
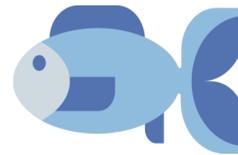
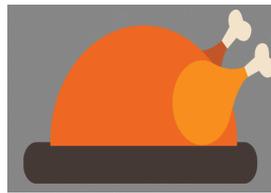
More tips to lower your salt intake.

Use less salt, **E**at less salty food, **C**ook with herbs and spices, **C**ook foods from scratch, **B**uy fresh foods more often, **A**void salt substitutes (high in potassium), **L**imit use of canned and processed foods, **R**inse canned vegetables, beans, meats and fish with water to remove extra sodium.

Make better choices to lower your salt intake and improves your health!

What foods are lower in sodium?

- Air-popped popcorn
- Cooked cereal without added salt
- Eggs
- Unsalted tortilla chips
- Fresh meat, poultry, and seafood
- Noodles, pasta, and rice
- Fresh or frozen fruits and vegetables and salt-free canned vegetables
- Low and reduced sodium frozen dinners and salad dressings



What foods are higher in sodium?

- Cheese and cottage cheese
- Bacon, corned beef, ham, hot dogs, lunch meat, salami, and sausage
- Bouillon, canned, and instant soups
- Boxed mixes, like hamburger meals and pancake mix
- Canned beans, chicken, fish, and meat
- Canned tomato products, including juice
- Canned and pickled vegetables, and vegetable juice
- Fast food
- Frozen meals and frozen vegetables with sauce
- Olives, pickles and relish
- Pretzels, chips, crackers, and salted nuts
- Ready to eat boxed meals and side dishes
- Salad dressings, bottled sauces, soy sauce, marinades, and sauce packets
- Seasoning mix, salt and salt seasonings, like garlic salt
- Smoked fish and meats

