

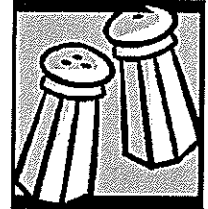
SALT and Reducing Intake

The Enemy of Those of Us with Renal Disease.

Salt is a mineral known as sodium, and used in most foods, to add taste. Salt is also used in many foods as a preservative. Eating salt for many years can make it difficult to cut down on, or stop having salt in your diet. Salt comes in different forms, such as rock salt, vegetable salt, sodium bicarbonate and baking powder.

Why the need to reduce salt intake?

Salt holds onto fluid in your body. As such this will increase your thirst (as mentioned in the May 2013 Shoestring) and increase your blood pressure.



Limit Foods High in Salt.

High Salt (Avoid)	Lower Salt Options
Cereals (e.g. Cornflakes, Rice Bubbles, All Bran)	Cereals with less than 300mg sodium per 100g e.g. Oats, porridge, Weetbix, Sustain, Just Right, Guardian
Dry biscuits (e.g. Salada, Clix, Savoury Shapes, Savoy)	Biscuits with less than 500mg sodium per 100g e.g. Rice or corn cakes, rice crackers, salt-reduced Premiums, Paradise Lites, Vitaweats, sweet biscuits
Corned beef, processed meats (e.g. salami, pastrami, bacon,), sausages, meat and fish pastes	Fresh beef, lamb, pork & poultry Roast meats from deli Shaved chicken & turkey from deli
Tinned tuna and salmon in brine, Smoked fish.	Tinned fish in spring water or oil Fresh fish
Cheeses (e.g. Feta, parmesan, cheddar, cheese spread)	Cheese with less than 450mg sodium per 100g Swiss, mozzarella, ricotta & cottage cheese Milk, yoghurt, ice cream, soy milk
Regular salt butter or margarine	No Added Salt varieties of butter and margarine
Potato or corn chips, pretzels, salted nuts	Unsalted nuts, fruit bread or scrolls, popcorn, muesli bars
High salt dips and spreads (e.g. French Onion, Capsicum, Salsa)	Sour cream, avocado, tahini, tzatziki, natural yoghurt
Vegemite, Promite, Marmite, Salted Peanut Butter	Jam, Honey, Golden Syrup,
Packet soups, stock and gravy	Homemade soups, stocks and gravies with herbs and spices for flavour. Massel [®] salt reduced stock powder
Bonox, Tomato Juice	Tea, coffee, water, soft drinks, soda water,

High Salt (Avoid)	Lower Salt Options
	mineral water, cordial, milk
Commercial Sauce (e.g. tomato sauce, soy sauce, fish sauce, oyster sauce, bottled pasta sauce)	"Reduced Salt" or "No added Salt" varieties Vinegar, lemon juice, lime juice
Takeaways food (e.g. pies, sausage rolls, pizza)	Fish & chips with vinegar/lemon, sandwiches, rolls, plain hamburger, baked potato, BBQ chicken (no stuffing)
High sodium medications (e.g. soluble Panadol, ENO, Berocca,)	

Remember fresh food is always best & cooked without salt.

Reading Labels. Look for products labelled with
 No Added Salt
 Salt Reduced
 Low Sodium
 Low Salt.

For example

Kellogg's Rice Bubbles has Sodium 302mg per serve, or per 100g has 1,008mg
 Uncle Toby's Fibre Plus has Sodium 55mg per serve, or per 100g has 120mg.



To help flavour meat and vegetables, try using garlic, dry mustard, pepper, onion, shallots, mushrooms and tomatoes. Use herbs and spices.

When Eating Out.

It can be hard to avoid high salt foods, such as cheese sauces, gravy, ham, bacon pies and pizza. (and Asian food)

Try, fish and chips with no salt, using vinegar or lemon, pasta with tomato, meat or ricotta cheese sauce. Also try baked potatoes, and meat and chicken with vegetables, and salad with vinegar or oil dressing.

Comment

It is hard to give up salt, so don't try to do this in an instant and don't scold yourself, for not being able to succeed straight away. **Always be guided by your dietician.** Sometimes I have pizza, or other high salt foods, but this is always prior to dialysis, giving myself 3 or 4 hours to absorb the salt into my system enabling dialysis to remove it. Dialysing at home makes this easier.

Ros. Ball