



Sodium and Your Renal Diet

Sodium is an essential mineral for your body and necessary in small amounts. Most people already get enough sodium in their diets. Table salt is one of the main reasons people have extra sodium in their diets.

How can I eat less sodium?

- Do not add salt to your food.
- Do not add salt to the foods you are cooking.
- Avoid high sodium foods.
- Read all food labels.
- Cook with herbs and spices instead of salt.
- Do not buy low-sodium foods with potassium chloride.
- Choose fresh foods when you can. Canned and processed foods have added salt.
- Do not use salt substitutes such as Lite Salt, Nu Salt, No Salt or K Salt. Salt substitutes may contain potassium, another mineral people with Chronic Kidney Disease need to limit.
- Ask your doctor about balancing high sodium foods.

How do I read food labels for sodium?

- Know your sodium allowance for the day.
- Check the amount of sodium in a serving. Do not buy an item if the sodium is greater than 300mg per serving.
- Avoid foods with sodium listed in the first five ingredients.