

## SODIUM

### What is Sodium?

Sodium is a part of salt. Sodium is found in many canned, pre-packaged, and “fast” foods. It is also found in many condiments, dressings, seasonings, and meats.

### Why Is Sodium Important for People with CKD?

Dietary sodium may contribute to elevated blood pressure, and fluid retention which may manifest as edema and shortness of breath. The kidneys help excrete sodium from the blood into the urine. As kidney function declines, the effects of sodium may be more pronounced.

### How Much Sodium Should I Eat Every Day?

Most people need to eat less sodium. Aim for less than 2,500 milligrams, or about one teaspoon of sodium, each day. Much of the sodium you eat does not come from a salt shaker. Sodium is added to the prepared foods you buy at the supermarket or at restaurants.

#### FOODS LOWER IN SODIUM:

- Fresh or frozen fruits and vegetables
- Rice, noodles
- Cooked cereal without added salt
- Fresh meat, poultry, seafood
- Low-fat, low-sodium cheese
- Unsalted nuts
- Low- and reduced-sodium frozen dinners, peanut butter, salad dressings
- Air-popped popcorn

#### FOODS HIGHER IN SODIUM:

- Bacon, corned beef, ham, hot dogs, luncheon meat, sausage
- Bouillon, canned, and instant soups
- Boxed mixes, like hamburger meals and pancake mix
- Canned beans, chicken, fish and meat
- Canned and pickled vegetables, vegetable juice (including canned and juiced tomatoes)
- Cottage cheese
- Frozen meals and frozen vegetables with sauce
- Olives, pickles, relish
- Pretzels, chips, crackers, salted nuts
- Salt and salt seasonings, like garlic salt
- Seasoning mix and sauce packets
- Salad dressings, bottled sauces, marinades, soy sauce
- Some ready-to-eat cereals, baked goods, breads
- Ready-to-eat boxed meals and side dishes

### How Do I Lower the Sodium in My Diet?

1. Always read the Nutrition Facts label for total milligrams and Percent Daily Value (%DV). Choose foods with the lowest %DV for sodium. **5% or less is low and 20% or more is high.**
2. Buy fresh foods more often.
3. Cook foods from scratch, instead of eating prepared foods, “fast” foods, frozen meals, and canned foods.
4. Use fresh/dried spices, fresh/dried herbs, and sodium-free seasonings in place of salt. Check with your healthcare provider about using salt substitutes as some of these are high in potassium, which you may also need to avoid.
5. Rinse canned vegetables, beans, meats, and fish with water to remove extra sodium.
6. Check the label on fresh meats and poultry. Sodium additives can be used to make meat last longer.
7. Look for foods labeled: sodium free, salt free, very low sodium, low sodium, reduced or less sodium, light in sodium, no salt added, unsalted, and lightly salted.

For more information, go to these websites:

[www.kidney.org/nutrition/Kidney-Disease-Stages-1-4](http://www.kidney.org/nutrition/Kidney-Disease-Stages-1-4) • [www.davita.com/diethelper](http://www.davita.com/diethelper)  
[www.usda.gov](http://www.usda.gov) • [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Sources: NKDEP, Sodium: Tips for People with Chronic Kidney Disease, Sept 2011; Low Salt Diet

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	Low Sodium	High Sodium
<b>Milk &amp; Dairy</b> 2-3 servings per day	All milk and milk products, except buttermilk Cream cheese Low sodium cheeses, Yogurt	Buttermilk Cheese (Muenster, Colby, Cheddar, Blue, Gouda, American, Velveeta) Cheese spreads
<b>Fruit &amp; Vegetables</b> 5-9 servings per day	Fresh or frozen vegetables No added salt or low salt canned vegetables No added salt tomato products Salt-free vegetable juices All fruit and fruit juices	Canned vegetables Frozen vegetables with seasoning and sauces Pickle relish, sweet or sour Pickled vegetables Pickles and others prepared in brine Sauerkraut Vegetable or tomato juices, canned or bottled Pickled fruits
<b>Breads &amp; Grains</b> 6-11 servings per day	Bread and rolls Dry and cooked cereals Pancakes and waffles Potatoes Salt-free potato chips Salt-free pretzels/ snack chips Rice, barley, noodles, spaghetti, macaroni, and other pastas Tortillas Unsalted crackers Unsalted popcorn	Breads and rolls with salted tops Instant hot cereals Instant food products (e.g. such as cereals, pasta mixes, potatoes, rice, etc), boxed mixes such as rice, scalloped potatoes, macaroni and cheese Popcorn, prepackaged microwave Salted popcorn Saltines, potato chips, pretzels, snack chips, pork rinds
<b>Meats &amp; Meat Substitutes</b> 2-3 servings or a total of 6oz per day	All fresh and frozen meats (poultry, fish, shellfish, beef, pork, lamb) Canned unsalted tuna fish Dried peas and beans Eggs Low sodium peanut butter Unsalted nuts Unsalted soybeans and other meat substitutes	Cured, salted, canned or smoked meats, poultry or fish such as corned beef, ham, bacon, luncheon meats, beef jerky, bologna, pork rinds, hogmaws, ribs, chitterlings, frankfurter, sausage, chorizo, canned fish like tuna, sardines, mackerel, anchovies, caviar, salted cod, herring, sardines, lox, dry fish, and kippered salmon Dried fish, assorted (e.g. dried shrimp) Frozen pizza Frozen prepared meat entrée dinners such as pot pies and macaroni and cheese
<b>Soups</b> Count as a meat substitute	Homemade soups, made with allowed ingredients Unsalted broth or bouillon Low sodium commercial soup	Broth and soups with added salt Regular canned soups Regular instant soups Regular bouillon cubes
<b>Fat &amp; Snacks</b> Use sparingly	Margarine, vegetable oils, and lard Unsalted gravies Unsalted butter Mayonnaise, sour cream Salt-free salad dressings Homemade salad dressings, made without added salt Whipping cream Sugar, honey, jelly, jam, syrup, candies, popsicles, fruit ice, sherbert, fruit sorbet, marshmallows Homemade cookies, pies, cakes made with allowed ingredients	Butter Commercial salad dressings Cheese-based dressings Bacon fat, fatback, salt pork Salad dressing mixes Olives, green and black Prepared frozen cream pies and cheese cake Instant pudding mixes Commercially prepared baked goods (cakes, cookies, pies) Salted nuts

**Misc.**

## Low Sodium

Allspice, mustard (dry)  
Almond extract  
Basil  
Bay leaves  
Capello's Italian Style Seasoning  
Caraway Seeds  
Chives  
Cider vinegar  
Cinnamon  
Curry powder  
Diamond crystal  
Dill  
Garlic powder  
Ginger  
Herbal seasonings  
Lawry's Seasoned Pepper  
Lawry's seasoning (no salt)  
Lemon juice  
Mace  
Mrs. Dash  
Nutmeg  
Onion powder  
Paprika  
Parsley  
Parsley patch  
Peppermint extract  
Pimento  
Rosemary  
Sage  
Salt free seasoning blends  
Savory  
Sodium-free Baking Powder  
Thyme  
Vinegar  
Wagner's all-purpose Seasonings  
Labeled "no salt" Asian products, assorted (e.g. bean paste and sauces, oriental dried plums and other dried seeds, vegetables and fruits (lemon and ginger))

## High Sodium

Accent  
Alka-Seltzer  
All commercially prepared and convenience foods (TV dinners, box mixes, canned entrees, Hamburger Helper, meat pies, Chinese dinners, pizza, Shake 'n Bake mixes)  
BBQ sauce  
Celery salt  
Chili sauce  
Garlic salt  
Horseradish  
Kitchen bouquet  
Lemon pepper  
Marinade sauce  
Meat tenderizers  
Monosodium Glutamate (MSG)  
Onion salt  
Party spreads  
Regular ketchup  
Relish  
Salad dressings  
Salt  
Seasoning salts  
Sodium Benzoate  
Sodium Caseinate  
Sodium Citrate  
Sodium Nitrate  
Sodium Phosphate  
Sodium Propionate  
Sodium Saccharin  
Soy sauce  
Steak sauce  
Tartar sauce  
Teriyaki sauce  
Worcestershire sauce