

## TIPS



- Read food labels and check nutritional values.
- Check all labels to see how much salt foods contain per serving.
- Do not use salt when cooking and avoid using the salt shaker.
- Choose fruits and vegetables for snacks
- Add spices, herb, garlic and lemon juice in cooking instead of salt to enhance taste.
- Limit intake of packaged foods.
- When dining out, request food prepared without added salt and dressings on the side.

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## **LOW SALT DIET**



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## What is sodium?

Sodium contributes to the following body functions:

- regulates blood pressure and blood volume
- helps transmit impulses for nerve function and muscle contraction

Many people consume much more than the recommended amount because large amounts of sodium are used in processed foods. Many people are unaware they are consuming so much "hidden" sodium.

## How does sodium affect people with kidney disease?

- Sodium is essential for body functions but too much can be harmful for people with kidney disease.
- Sodium helps your body to retain a healthy fluid balance. People with kidney disease cannot eliminate excess sodium and fluid from their body. Sodium and fluid buildup in tissues and bloodstream causing blood pressure to increase, swelling in your legs, hands or face, heart failure, or difficulty breathing.
- High blood pressure can cause more damage to unhealthy kidneys and cause even more fluid and waste to build up in the body.
- Calcium is excreted from the kidneys with sodium. The more salt you eat, the more calcium is lost in urine which may increase chances of developing kidney stones.
- Your goal should be less than **2000 mg of sodium per day.**

## Foods To Avoid

- Fast food (cheeseburgers and pizza)
- Potato chips, pretzels, corn chips
- Processed meats (sausages, bacon, hotdogs, ham, salami, luncheon meats)
- Canned vegetables
- Canned soups or pasta
- Canned or bottled drinks
- Condiments (soy sauce, ketchup, tomato sauce)
- Salted nuts
- Salted butter, margarine, mayonnaise
- Pickles
- Avoid using the salt shaker