

Guide to a Low Salt Diet!

Eating a low salt diet is incredibly beneficial for patients with Hypertension. Your blood pressure can be raised by a high salt diet. Hypertension increases your risk of a stroke, heart attack, kidney disease, and other health problems. Since kidneys regulate blood pressure, it is not uncommon for patients with advanced kidney disease to have hypertension. A low salt diet helps keep the kidneys from being overworked, and reduces fluid retention, or edema. Eating a low salt diet also lowers your chances of forming kidney stones! Talk to your nephrologist and dietician to see how much salt you should be eating daily.

Facts about salt:

1. By preparing home cooked meals, one can regulate the amount of salt in their diet.
2. Salt substitutes also can cause hypertension.
3. Consider using herbs, spices, lemon juice, or vinegar for flavoring.
4. Read food labels carefully. In general, packaged and processed foods can have a high content of sodium. MSG and brine are no exceptions.

Items high in Sodium

- **Baking Powder/Baking Soda**
- **Butter/Margarine, salted**
- **BBQ Sauce/Meat Sauce**
- **Boullion**
- **Canned foods (ravioli, beans, spam, soups)**
- **Crackers, salted**
- **Frozen meals**
- **Horseradish**
- **Ketchup**
- **Mixes (pancakes, waffles, bread, potato)**
- **Mustard**
- **Onion Flakes**
- **Pickled vegetables**
- **Processed cheeses**
- **Ramen/Instant noodles**
- **Smoked or cured meat (bacon, ham, caviar, sardines, etc)**
- **Soy Sauce**

Non-food Items

- **Alka Seltzer, tablets, powders**
- **Cough Medicine**
- **Laxatives**
- **Mineral Waters**
- **Pain Medication**

