

Kidney Disease: Reducing Salt Intake

This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'

The recommended salt intake is less than 6g per day but most people in the UK eat much more than this. This can lead to high blood pressure and fluid retention in kidney disease. To improve your symptoms you should reduce your salt intake.

Main sources of salt in the diet:

- Salt used in cooking
- Salt added at the table
- Salt added to processed and convenience foods



Ways to reduce your salt intake:

- Use little or no salt in cooking
- Do not add salt to food at the table – this includes **all** types of salt including table salt, sea salt, rock salt, celery salt and garlic salt
- Choose more fresh or frozen meat, fish and vegetables
- Buy less processed and convenience foods such as pre-prepared sauces, soups, gravies and ready meals
- If using tinned foods, choose those labelled 'no added salt' or 'reduced salt'
- Try other ways to add flavour to food, such as:
 - Using garlic, herbs, lemon/lime juice, vinegar, pepper and spices to add extra flavour
 - Marinating meat and fish before cooking
 - Add a little wine or cider wine/cider vinegar to cooked sauces
 - Use different types of onions e.g. shallots, spring onions or chives to vary the flavour
 - See 'Herbs & Spices' sheet for more ideas on adding flavour to your food without salt

NB Do not use any salt substitutes such as Bio-Salt or LoSalt or any products containing these as they are unsuitable if you have kidney disease.

Nutrition Labelling

Read and compare food labels and choose lower salt alternatives to help lower your salt intake. Salt can also be called sodium chloride. Food labels may list sodium or salt content or both.

	High	Medium	Low
Salt	More than 1.5g per 100g	0.3g – 1.5g per 100g	Less than 0.3g per 100g
Sodium	More than 0.6g per 100g	0.1g – 0.6g per 100g	Less than 0.1g per 100g

To reduce your salt intake, try to choose products with **less than 0.6g sodium** or **less than 1.5g salt per 100g**.

More information on reducing salt intake is available from the British Heart Foundation:

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/salt>

(Please be aware that this advice is for the general population and may need adapting to suit your renal dietary requirements).

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Foods marked with a * are high in potassium. Limit these if the potassium level in your blood is high.

Limit	Have in moderation	Choose
Breads, Rice and Pasta Pot noodle*	Bread, croissants, English muffin, pitta bread, dried egg noodles, instant noodles	Fresh and dried pasta (cooked without salt), plain rice, couscous, polenta, pearl barley, rice noodles, plain fresh noodles
Breakfast Cereals	Bran flakes* and bran cereals*, cornflakes, Shreddies, Special K, Rice Krispies, Coco pops, Frosties, Fruit and fibre,	Porridge oats, muesli*, puffed wheat, shredded wheat, Weetabix, oat clusters, sugar puffs, Ready Brek
Dairy products, eggs and fats Salted butter or margarine Camembert, Cheddar cheese, cheese spread, Danish blue, Double Gloucester, Edam, Feta, goats cheese, Halloumi, Parmesan, processed cheese, Red Leicester, Stilton, Wensleydale	Slightly salted butter, most margarine/spreads/spreadable butters, mozzarella, cottage cheese, cream cheese, Brie,	Unsalted butter, oil, milk, yogurts, cream, crème fraiche, eggs, Mascarpone, Paneer, Quark
Fish Anchovies, smoked mackerel, kippers, smoked salmon, seafood sticks	Tuna canned in spring water/brine/oil; canned mackerel, sardines and pilchards. Fish in batter or breadcrumbs, fish fingers, smoked haddock, crab, prawns, crayfish, cockles, muscles, scampi, taramasalata	Fresh or frozen fish (white and oily)
Meat and vegetarian alternatives Bacon, ham, black pudding, chorizo, corned beef, frankfurters, haggis, salami, pate, processed meats and takeaways	Beef burgers, chicken in breadcrumbs, scotch eggs, sausages, faggots, spare ribs in BBQ sauce, chicken/turkey slices, pork pie, meat spread. Houmous, vegeburgers	Fresh or frozen poultry and meat Quorn
Snacks and sweets Salted or roast nuts*, Bombay mix, corn snacks, salted popcorn, pork scratchings, maize crisps, potato crisps*, tortilla chips, Twiglets, cheese straws, cheese flavoured crackers	Chocolate*, fudge*, toffee*, unsalted nuts*	Unsalted popcorn, plain rice cakes, marshmallows, peppermints, boiled sweets, fruit gums, liquorice allsorts*, chocolate
Soups, seasonings, sauces and spreads Tartare sauce, packet/cup soups, tinned soup, tomato/brown sauce, barbeque sauce, mustard, chutney/relish, salad dressings, chilli sauce, soy sauce, sweet and sour sauce, yeast extract*	Vegetable/chicken/beef stock and stock cubes (choose reduced salt varieties), gravy made from granules, mint sauce, horse radish, sour cream dip, mayonnaise, ready-made pasta sauce, golden syrup, chocolate spread*	Homemade sauces without additional salt. Lemon juice, vinegar, herbs and spices. Homemade soups* Apple sauce, marmalade, jam, lemon curd
Vegetables Gherkins', Sauerkraut, olives, sundried tomatoes*	Baked beans (choose reduced salt), pickled onions*, tomato juice*, canned mushy/marrow fat peas	Fresh and frozen vegetables and potatoes*. Vegetables and potatoes canned in unsalted water, pickled beetroot*, tomato puree*
Drinks Some instant hot chocolate powders* (check the label)	Horlicks*, drinking chocolate powder*, coffee mate*	Tea, coffee*, fruit teas