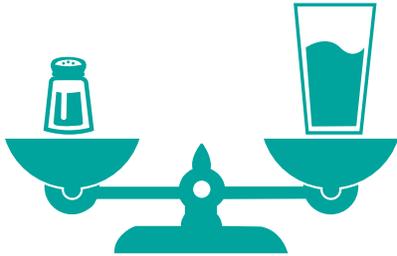


Shake off the salt to better balance your fluids



Managing your sodium intake is an important part of looking after your health, especially if you're living with kidney disease. Too much sodium in your diet will increase thirst and fluid intake, and could lead to difficulty controlling your blood pressure. Following a low-sodium diet can help you manage your fluid intake and feel your best.

Sodium adds up

You may be consuming more sodium than you realize. You should know that:

- /// Packaged foods and fast food contain large amounts of sodium.
- /// Salt substitutes switch out sodium for potassium. If your dietitian or doctor recommended a low-potassium diet, talk to them about better options.
- /// Table salt has 2,300 milligrams (mg) of sodium in one teaspoon, and other salts like Himalayan pink, kosher, and sea salt also contain large amounts of sodium.

Tips to toss that salt

Read food labels and follow these tips for a low-sodium diet:

- /// **Cook from scratch instead of getting fast food.** Try adding flavor with other seasonings, like garlic powder, basil, cumin, vinegar, cilantro, rosemary, lemon, and/or lime.
- /// **Avoid packaged foods.** Shop the outer aisles of the grocery store for fresh, lower-sodium foods.
- /// **Go by labels, not taste.** Choose foods with fewer mg of sodium than calories per serving. A good choice would be animal crackers, which have 140 calories and 95 mg of sodium per serving.
- /// **Be sodium smart with canned foods.** Look for “no added salt” on the label and always rinse canned foods to reduce sodium.

Work with your dietitian to determine the right amount of sodium for you.

My daily sodium limit is _____ mg



EXPLORE KIDNEY-FRIENDLY RECIPES

Visit [FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes) for low-sodium recipes.

Activity

Replace the high-sodium foods in each meal with lower-sodium foods to build healthier meals. Add up the total amount of sodium in your lower-sodium meals to make sure you don't go over your daily sodium limit.



79 mg

1 small apple with
2 tbsp natural
nut butter



575 mg

4 oz baked
chicken breast



15 mg

1/2 cup of
broccoli



12 mg

8 oz coffee with
2 tbsp 2% milk



367 mg

2 eggs on 1 whole
wheat English muffin



665 mg

1 homemade
tuna sandwich
(3 oz tuna)



13 mg

1 cup salad with
2 tbsp oil and
vinegar



1 mg

1/2 cup of
strawberries



30 mg

1/2 cup of whole
grain rice



146 mg

1 whole wheat
dinner roll

High-sodium meals:

Breakfast

Sausage, egg, and cheese biscuit with hash browns, and coffee with cream

Sodium total: 1,459 mg

Lunch

Turkey and cheese sandwich with mustard and mayo, and a pickle spear

Sodium total: 1,674 mg

Dinner

Breaded chicken patty, macaroni and cheese, canned mixed vegetables, and a corn muffin

Sodium total: 1,728 mg

Lower-sodium options:

Lower-sodium foods:

Sodium (mg):

Sodium total: _____mg

Lower-sodium foods:

Sodium (mg):

Sodium total: _____mg

Lower-sodium foods:

Sodium (mg):

Sodium total: _____mg

High-sodium daily total: 4,861 mg

Lower-sodium daily total: _____mg