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Sodium restriction is an important part of the diet in the majority of patients with kidney disease with or without high blood pressure. We recommend no more than 2.3 grams (2300 mg) of sodium in the diet, which is about 6 grams (6000 mg) of sodium chloride (salt is: **Sodium and Chloride**). This is about **1 teaspoon of salt per day**. Americans consume about 2 times this amount, and only 10 % of this comes from the salt shaker. The rest is already in the food.

Salt is an acquired taste, and taste buds can be **retrained in less than 1-2 weeks**, if you stick with a lower-sodium diet.

### **Few tips for reducing Sodium in your diet:**

- 1) You may add small amounts of salt to your food during cooking - Then take the salt shaker off the table
  - Do not use salt substitute
  - Avoid all seasoning salt, sea salt and garlic and onion salt
  - Use **Mrs. Dash** (Salt free seasoning) in place of salt
  - **Spices** can add flavor to food and also remain low sodium
- 2) Limit the intake of convenience foods and pre-packaged foods
  - Choose frozen meals that have **500-600 mg of sodium** per serving or less
  - If using canned foods, use "sodium free" varieties or rinse the canned food under water
  - Use low-sodium versions of pretzels, chips, nuts, cheeses
- 3) Limit processed foods
  - Avoid cured and smoked foods such as bacon, sausage, hot dogs, ham, lunch meats, and corned beef
  - Use **fresh cuts** of meat and fish
- 4) Limit eating out
  - A typical meal with hamburger and fries has about 1600 mg of sodium - Avoid these!
  - Ask for your meal to be made without salt, if possible
  - Choose grilled meats or fish and steamed vegetables
  - Ask for oil and vinegar for your salad, rather than dressing

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- 5) Read food labels, so you have an idea how much salt is in the food. You can then help plan accordingly, in order to keep the daily intake <2300 mg of sodium or <6000 mg of salt.