

Sodium and Kidney Disease

To feel your best, control your sodium (salt) intake. Eating too much sodium can make it hard to manage your fluids and thirst. It can also cause high blood pressure, fluid gain, swelling, and heart damage.



How Much Sodium Should I Have?

Generally, people with kidney disease should limit sodium to 2,000–2,300 mg per day. Your needs may vary from others.

My Personal Goal:

_____ milligrams of sodium per day

**Because sodium and fluids go hand in hand,
you may also need to limit fluids.**

Managing Your Sodium Intake

- **Choose herbs, spices, and other flavorings** instead of salt. Your registered dietitian nutritionist (RDN) can help you choose the right options for you.
- **Choose fresh meats, fruits, and vegetables** when possible. Canned and prepackaged foods are often higher in sodium. When you use canned items, rinse them with fresh water to remove some of the sodium.
- **Cook with fresh ingredients at home** more than you dine out.
- **Read nutrition labels for sodium content.** Choose items with 200 mg or less per serving.
- **Avoid high-sodium foods** like pizza, cheese, chips, soy sauce, anchovies, and canned soups. Hot dogs, lunch meat, and other processed meats are also high in sodium. Your RDN can help you make healthy choices.

Flavoring Tips

Try creative ways to spice up your food without salt!

- Caramelized onions on a sandwich
- Garlic with vegetables
- Citrus on fish
- Vinegar in a salad
- Garlic powder in a pasta dish
- Parsley on chicken or beef
- Onion powder in a meat dish
- Paprika on chicken
- Salt-free seasoning blends in any dish (avoid potassium chloride salt substitute or "lite" salt)



Summary

Limiting sodium is key to staying well.

Reading nutrition labels and choosing seasonings other than salt can help. There are many things you can try to reduce sodium intake today. Your RDN can help you make a plan to best fit your needs.

Two things I am willing to change today to control my sodium:

Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%

Healthy Tip

Ask your RDN if measuring servings and keeping a food log may be helpful for you.