

Sodium and Chronic Kidney Disease

Eating less sodium helps lower blood pressure and may slow down chronic kidney disease (CKD). One of the kidneys' important jobs is to filter sodium out of the body and into the urine. When your kidneys are not working their best, too much sodium and fluid can build up, causing swelling, high blood pressure, and stress on your heart. As such, people living with CKD may need to limit their sodium and fluid intake. Talk to your doctor or Registered Dietitian Nutritionist about how much sodium and fluid you can consume each day.

Low sodium diet

Limiting sodium means limiting **salt and processed foods**. Table salt contains sodium in the form of sodium chloride. Many food preservatives contain sodium in other forms as well. Most of the sodium that we consume, about 75% to 85%, comes from processed foods. A healthy diet should contain no more than 2,300 mg of sodium. You may need to consume less than this. Keep in mind that just 1 teaspoon of salt contains 2,300 mg of sodium!

Follow these 5 suggestions

1. Cut back on salt gradually over a period of weeks or months, which will make the switch to a low salt diet easier.
2. Read food labels carefully.
3. Increase your intake of fruits and vegetables.
4. Replace processed foods with freshly prepared meats and produce.
5. Speak up at restaurants and at the deli counter – let servers know you are looking for low-sodium options.

Limit these high sodium foods

- Restaurant food
- Canned vegetables and soups
- Frozen dinners
- Lunchmeats
- Cheeses
- Instant and ready-to-eat cereal
- Salty chips and snacks
- Ketchup and sauces
- Pizza and breads



Ideas for flavor without sodium

- Use herbs, spices, and salt-free seasoning blends to flavor foods.
- Choose fresh, frozen, or canned vegetables without added salt.
- Choose fresh poultry, fish and lean meats rather than processed types.
- Rinse canned foods, such as tuna, beans or vegetables to remove the sodium.
- Remove the saltshaker from your table or get a shaker with smaller holes.



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Read food labels and look for these ingredients that contain sodium and are often added to foods:

- Sodium chloride
- Monosodium glutamate (MSG)
- Baking soda/baking powder
- Sodium benzoate
- Sodium nitrite
- Sodium sulfite

Understanding nutrition labels

1. **Start with the serving information at the top.** In the label to the side, the package contains 8 single servings.
2. **Check the serving size.** In this case, it's 2/3 cup.
3. **Check the amount of Sodium and % DV (Daily Value).** This food has 160 mg per serving (2/3 cup) which represents 7% of DV.
4. **Compare different brands or similar products.** Choose foods with less of these nutrients when possible.
5. **Choose foods with a 5% Daily Value (DV) or less** (20% Daily Value (DV) or more is high)
6. **Choose foods that contain less than 140mg of sodium per serving.** Keep this reference at hand:
 - Low sodium - 140 mg or less per serving
 - Reduced or less sodium - at least 25% less per serving than a reference food.
 - No salt added or unsalted - no salt added during processing. Does not mean sodium free.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 27g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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