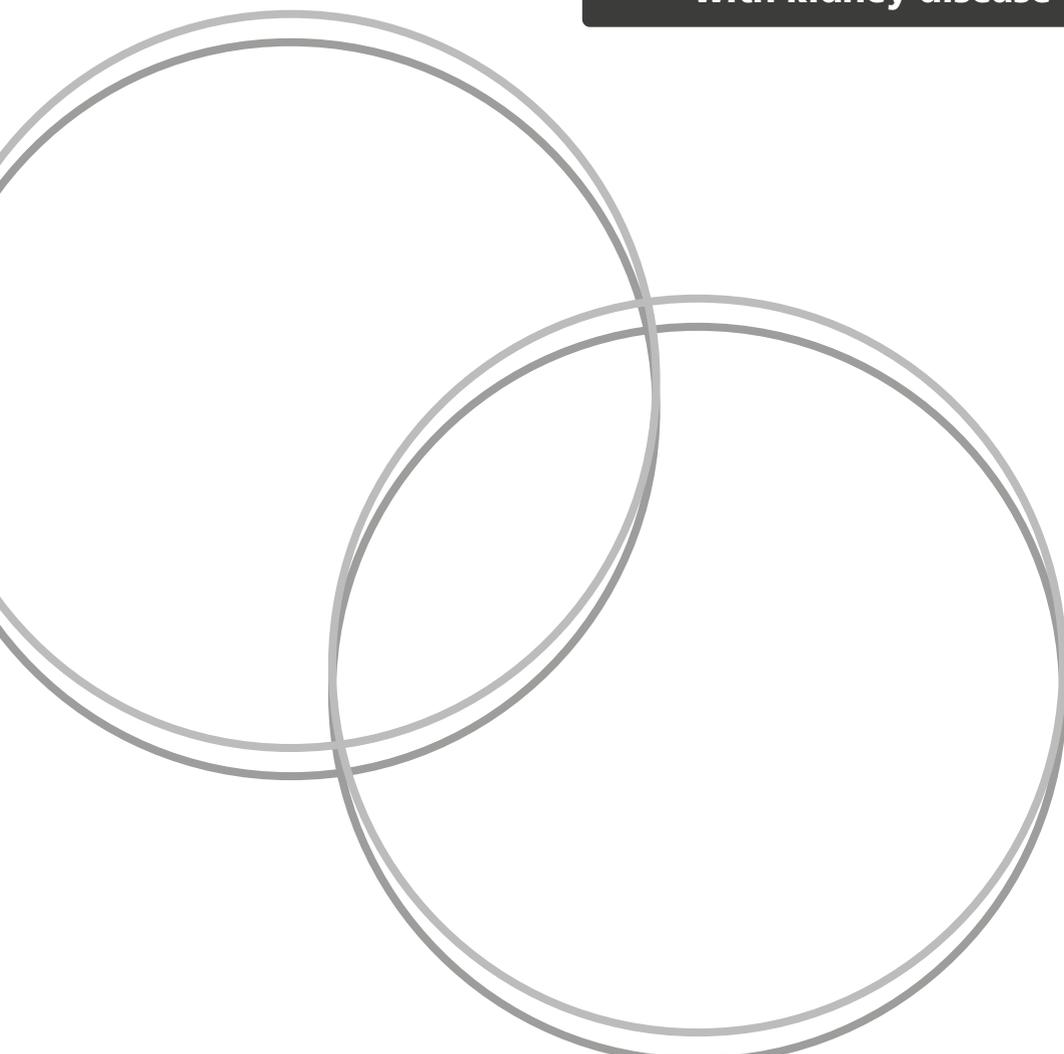


Reducing Salt Intake

**Information for patients
with kidney disease**



Introduction

If you would like advice about reducing your salt intake, then this is the leaflet for you.

What is salt?

Salt is the name commonly used for the compound sodium chloride. It is the sodium part of salt that needs to be limited. Rock salt, sea salt, Himalayan salt, Persian salt, garlic salt, celery salt and monosodium glutamate (MSG) all have the same sodium content as common table salt.

How much salt should I have?

The recommendation for the general population is to have no more than 6g of salt a day (approximately a teaspoon). People with kidney disease should have less than this.

Why should I reduce my salt intake?

Reducing your salt intake can help:

- Reduce blood pressure.
- Prevent carrying extra fluid (oedema).
- Reduce feelings of thirst (useful if you are on a fluid restriction).

How do I reduce my salt intake?

Some simple ways of reducing your salt intake include:

- Avoid adding any salt at the table.
- Avoid using salt when cooking.
- Reduce your intake of foods which are high in salt and switch to lower salt alternatives.

The next section gives you information about high salt foods and what to eat instead of these.

Meat

High in salt	Lower salt alternatives
Processed meats, such as bacon, ham, gammon, sausages, pork pies, beef burgers, salami, corned beef, pâté, sausage rolls, meat pies	Plain, fresh meat, such as chicken, turkey, lamb, beef, pork

Plant-based alternatives

High in salt	Lower salt alternatives
Processed plant based products such as vegetarian/vegan chorizo, escalopes, pies, sausages etc	Plain/unprocessed protein sources e.g. tofu, soya, Quorn Beans and pulses (dry or in unsalted water if tinned)

Fish

High in salt	Lower salt alternatives
Tinned fish in brine, smoked fish, fish pâté, processed fish (such as scampi and seafood sticks)	Fresh or frozen unsalted fish, tinned fish in spring water or oil (check the food label)

Vegetables

High in salt	Lower salt alternatives
Tinned vegetables, baked beans	Fresh or frozen vegetables, reduced salt baked beans, tinned vegetables/pulses labelled as salt-free

Cheese

For more information on the salt content of cheese, please ask for the diet sheet entitled 'Phosphate and salt content of cheese for people with chronic kidney disease'.

High in salt	Lower salt alternatives
Cheese spread (e.g. Dairylea and Primula) Hard cheeses (e.g. cheddar, double Gloucester, Red Leicester, Halloumi, edam, feta, gouda and Stilton) Soft cheeses (e.g. brie and Camembert) Smoked cheeses	Lower-salt cheeses, such as cottage cheese and cream cheese (e.g. Philadelphia, ricotta, quark) and mozzarella Paneer

Savoury Snacks

High in salt	Lower salt alternatives
Crisps or tortilla chips Salted or dry roasted nuts Salted snacks (such as Twiglets, Mini Cheddars, Ritz, Tuc biscuits or pretzels)	Plain unsalted crisps e.g. Salt 'n' Shake without adding the salt sachet Unsalted nuts Unsalted popcorn Plain bread sticks Cream crackers Ryvita Cereal bars

Miscellaneous

High in salt	Lower salt alternatives
<p>Savoury spread e.g. Marmite and Vegemite</p> <p>Dried gravy/stock cubes e.g. OXO, Bisto and gravy granules</p> <p>Tinned or packet soups</p> <p>Instant Noodles e.g. Pot Noodles, Maggi and Super Noodles</p> <p>Blotted sauces e.g. soy sauce and tomato ketchup</p> <p>Chutneys</p> <p>Peanut butter</p>	<p>No added salt savoury spread e.g. Natex and Meridian yeast extract</p> <p>No added salt/very low salt dried stock e.g. Meridian yeast extract, yeast flakes, Kallo, baby stock cubes and reduced salt gravy granules or gravy browning</p> <p>Home made soup without added salt</p> <p>Fresh or dried pasta and noodles</p> <p>Reduced salt sauces</p> <p>Vinegar</p> <p>Whole nut peanut butter (100% peanuts)</p>

Understanding food labelling

Approximately 75% of our salt intake comes from ready-made foods. It is important to look at food labels when making decisions about which foods to buy. Remember, food labels may show the salt content per 100g and not always the salt content of the entire portion.

This is high	This is moderate	This is low
Over 1.5g per 100g or over 1.8g per portion	0.3 to 1.5g per 100g	Under 0.3g per 100g

Choose foods with more green coding and fewer with amber coding. Avoid foods with red coding.

Many products offer low salt alternatives, such as soy sauce, tomato ketchup and baked beans. Check the food labels and compare brands.

If you have been told to follow a low potassium diet you should avoid all salt substitutes, such as LoSalt and So-Low, as these contain potassium chloride. Also be aware of potassium chloride on food labels, which is often used instead of salt in packaged products.

How to make lower salt choices by looking at food labels

Higher salt option	Lower salt option
One small tin of baked beans = 1.33g of salt	One small tin of reduced salt baked beans = 0.97g of salt
An average serving (30g) of cornflakes = 0.34g of salt	Two shredded wheat = trace amount of salt
An average portion (30g) of cheddar cheese = 0.22g of salt	An average portion (30g) of cream cheese = 0.08g of salt
An average slice of ham (23g) = 1.84g of salt	An average slice of chicken (23g) = 1.33g of salt

These are examples of foods where salt content can vary. Check the salt label on the following foods:

- Quiche and pastry-based foods.
- Breakfast cereals.
- Pre-prepared sandwiches.
- Breaded or battered meat or fish.
- Processed potatoes, such as wedges and waffles.
- Vegetable or pulse-based dips, such as guacamole and hummus.
- Jars of sauces.

Practical tips

Your taste buds should adjust to a lower salt intake over time.

The following are suggestions to help you reduce the salt in your diet:

- Try using herbs and spices to flavour foods, instead of using salt.
- Try making gravy the traditional way with gravy browning, reduced salt stock and meat juices and not adding salt.
- Try and prepare your own food from fresh if possible and plan meals in advance. You can cook meals in batches and freeze extra portions to save time when you need a quick meal.
- When eating out or having a takeaway, ask the chef or person taking your order for no salt or monosodium glutamate (MSG) to be added to your meal. You can refer to our eating out advice for people following a renal diet leaflet for more information.
- You can check how much salt is in your food using smartphone apps. Many apps are available to download for free from iTunes and Google Play, such as FoodSwitch and My Fitness Pal.

Using alternative flavourings

In the next section there are examples of herbs, spices and flavourings which you can experiment with to add flavour to your meals without adding salt.

Basil	Soups, salads, stews, lamb chops, roast beef, vegetable dishes, pasta dishes, tomatoes
Bay Leaf	Stews, potatoes, pasta sauces
Chillies/Chilli flakes	Pasta dishes or used as all round flavouring
Chives	Potato salad, chicken, fish, omelettes
Coriander	Curries and stir fries
Cumin	Curry, rice
Dill	Fish, chicken, vegetables, potatoes, salad, pasta
Garlic	Lean meats, pasta dishes, stir fries
Ginger	Cod, haddock, lamb, pork, before grilling or roasting
Lemon/Lime	Fish, chicken, stir fries, salad
Mint	Lamb, pasta, rice, potatoes
Mixed Italian herbs	All round seasoning
Nutmeg	Potatoes, chicken, fish, white sauce, vegetable dishes
Paprika	Chicken, white fish, rice, eggs
Parsley	Fish, chicken, eggs, vegetables
Pepper	Useful all-round flavouring
Rosemary	Beef, lamb, chicken, potatoes, beans
Sage	Homemade stuffing for pork, chicken or turkey
Tarragon	Chicken, fish, salads, sauces
Thyme	Stew, scrambled eggs, stuffing, omelettes
Tumeric	Curry

Example meal plan for reducing your salt intake

High salt meal plan		Salt (g)
Breakfast:	2 rashers of bacon on 2 slices of toast	2.5
Lunch:	Corned beef sandwich (2 slices of bread) and a pork pie	3.5
Mid-afternoon:	Ritz crackers with cheese slices	0.7
Evening Meal:	2 sausages with instant mash and baked beans	2.2
Pudding:	Apple pie with custard	1.5
Total		10.4

Reduced salt meal plan		Salt (g)
Breakfast:	Marmalade on 2 slices of toast	0.4
Lunch:	Egg sandwich (2 slices of bread) and fresh fruit	0.9
Mid-afternoon:	Plain rice cake and cream cheese	0.3
Evening Meal:	Roast chicken with frozen vegetables and boiled/mashed potato	0.2
Pudding:	Apple pie (lower salt option) with custard. Check the food label	0.2
Total		2.0

Contacts

Renal Dietitians

Churchill Hospital

Telephone: **01865 225 061**

Monday to Friday

Please leave a message on the answerphone and one of the dietitians will get back to you.

We can only provide advice or information if we care for you under the Oxford Kidney or Transplant Unit (Churchill Hospital).

This includes the network units at Banbury, High Wycombe, Milton Keynes, Stoke Mandeville, Swindon (Great Western Hospital) and Whitehouse Dialysis Unit.

If you do not attend these sites, please contact your local care team for support.

Clinics

If you are seeing a kidney doctor, the dietitians are available in the Renal Outpatient clinic at the Churchill Hospital each morning. Please speak to the receptionist if you would like to be seen.

Renal Network Clinics

Some of these clinics are covered by a dietitian. Please ask the receptionist if you would like to be seen.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

UK Kidney Association

Patient information leaflets and advice.

Website: www.ukkidney.org/patients/information-resources/patient-information-leaflets

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

OUH Patient Portal

Health for Me

Please ask a member of the renal team to sign you up to the patient portal.

Website: www.ouh.nhs.uk/patient-guide/patient-portal

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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