

Patient information

How to Reduce Your Salt Intake for Renal Patients

You have been asked to reduce the amount of salt in your diet. Salt can also be called sodium chloride. A diet high in salt can lead to fluid retention and high blood pressure. Reducing your salt intake can help reduce oedema (fluid in body tissues for example swollen feet, legs, or ankles). Salty foods will also make you feel thirsty, which can make it harder if you are on a fluid restriction.

How much salt?

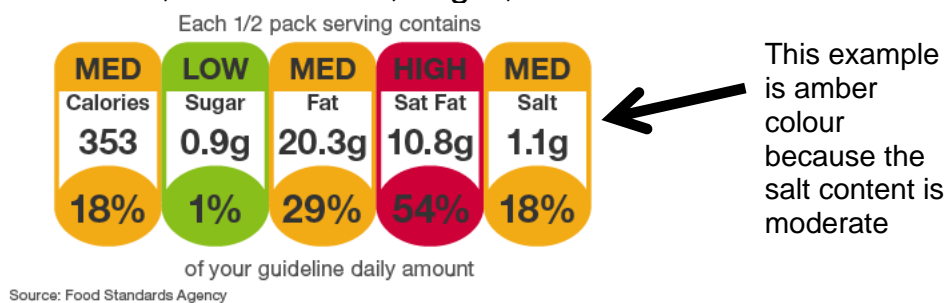
You should aim for approximately 5g salt per day.

- 10% salt is found naturally in foods.
- 15% is added to foods during home cooking or at the table.
- 75% is present in processed foods such as tinned foods, ready meals & savoury snacks.

Checking salt content of foods

Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

The traffic light system is used to identify whether the product has low, moderate, or high amounts of fat, saturated fat, sugar, and salt.



Nutrition labels are often displayed as a panel or grid on the back or side of packaging.

Per 100g:	Low	Moderate	High
Salt	< 0.3g	0.3 - 1.5g	>1.5g
Sodium	< 0.1g	0.1 - 0.6g	>0.6g

Loaf of white bread

Nutrition				
Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings

*Reference intake of an average adult (8400kJ / 2000kcal)

This bread contains a moderate amount of salt

What herbs and spices can I use?

To make food taste more interesting without adding salt, try using some of the herbs and spices listed below –

Basil	Garlic / Garlic powder	Parsley
Bay leaf	Garam masala	Pepper (black, white)
Cardamon	Ginger	Peppermint oil
Cayenne pepper	Lemon juice	Rosemary
Chilli powder / crushed chillies	Marjoram	Saffron
Chives	Mint	Sage
Cinnamon	Mixed herbs	Sesame seeds
Coriander	Mustard powder / seeds	Tarragon
Cumin	Nutmeg	Thyme
Curry powder	Onion / onion granules	Turmeric
Dill	Oregano	Vanilla extract
Fennel seeds	Paprika (sweet, smoked)	Vinegar

Unsuitable seasonings

Stock cubes	Onion salt	Bovril
Celery salt	Soy sauce	Oxo
Garlic salt	Worcestershire sauce	
Horseradish sauce	Marmite	

Avoid using salt at the table or adding salt during cooking. But be aware that salt substitutes such as Lo-Salt or Saxa So-low salt are NOT recommended, as these products contain high amounts of potassium.

Seasonings to be used with caution

Readymade mustard (smooth or wholegrain), pickles and relishes. Limit serving portion to one heaped teaspoon only.

Ideas for adding flavour to meals:

- Potatoes - mint leaves, parsley, bay leaf, chives, chopped spring onion, paprika, cayenne pepper, basil, dill or garlic
- Rice - bay leaf, nutmeg, coriander, cardamom, peppercorns or turmeric
- Pork - cloves, apple, pineapple, mustard
- Lamb - rosemary, marjoram, mint sauce
- Chicken - tarragon, paprika, dill, thyme, lemon juice, garlic
- Fish – lemon juice, parsley, all spices, bay leaf, cayenne pepper, dill, fennel
- Eggs - black pepper, oregano, mixed herbs, chives, garlic
- Vegetables - parsley, garlic, black pepper, coriander, basil, mixed herbs
- Salad – balsamic vinegar, lemon juice, pepper, basil

Food Ideas

	Minimise	Choose Instead
MEAT	Cured or processed meats such as bacon, ham, tinned meat (e.g. corned beef), sausages, burgers, salami, pork pies, meat pastes or pate.	Fresh and frozen meat such as beef, lamb, pork, chicken, turkey. Homemade pies and burgers.

FISH	Tinned fish in brine, smoked fish or shellfish e.g. kippers, yellow haddock, cockles, prawns. Fish fingers.	Tinned fish in oil or spring water. Fresh and un-smoked fish or shellfish e.g. plaice, cod, haddock, salmon, tuna, prawns.
SPREADS	Fish and meat pastes, pâté, sandwich spreads, peanut butter.	Jam, marmalade, cream cheese, margarines and low fat spread. No added salt peanut butter.
SEASONINGS	Stock cubes, gravy granules, Oxo, Bovril, Marmite, Worcester sauce, soy sauces, bottled sauces such as ketchup, brown sauce.	Pepper, olive oil, herbs and spices, lemon juice, vinegar. Limit sauces e.g. ketchup, brown sauce (use 1-2 teaspoons per portion).
CHEESES	Cheese spreads, feta, processed cheese slices, hard cheese.	Cream cheese, cottage cheese, yogurt, cream.
SNACKS	Salty savoury biscuits e.g. Ritz, Tuc, mini cheddars. Salted or flavoured crisps and nuts, salted popcorn, pretzels.	Cream crackers, matzo, rich tea biscuits, water biscuits, "Salt n Shake" crisps, unsalted nuts, plain popcorn, plain pretzels.
MISCELLANEOUS	Ready prepared meals e.g. meat pies, pasties, pizzas, ready-made soup, baked beans, take away, pot noodle.	Home-made pies or pasties, reduced salt baked beans, home-made soup.

For further information:

Please contact the West Suffolk Dietetics Department: **01284 713609 / 01284 713668**

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