



SALT



A diet high in salt (sodium) can lead to fluid retention and high blood pressure. Salty foods also make you thirsty. This can cause problems if you need to limit your fluid intake.

HIGH SALT FOODS



Be aware that tinned foods, (e.g. baked beans), ready meals and processed foods (e.g. packet soup, peanut butter, gravy granules) often contain high amounts of salt.



LOW SALT FOODS To avoid excessive salt intake try the following ideas:



Rather than toast, select cereals such as shredded or puffed wheat, or porridge oats for breakfast.



Check product labels as some breads and biscuits can be high in salt. As an alternative, for example, a bagel or pitta has less salt than 2 slices of bread. You could also choose rice, pasta or cous cous instead.



Swap highly salted processed meats such as sausages, as well as bacon and ham, for fresh pork or chicken.



Shellfish and smoked fish are high in salt, e.g. an average portion of smoked haddock can contain over half your daily salt allowance. Choose fresh fish instead.



Look for lower salt varieties of butter and spreads, e.g. low salt margarine rather than standard butter.



Replace high salt cheeses, such as cheddar, feta and spreading cheese, with lower salt varieties such as mozzarella and cream cheese.



Avoid salty snacks such as crisps, salted nuts and popcorn. Instead choose rich tea biscuits, shortbread and plain popcorn.

If you are unsure or would like further information, please contact your renal dietitian

CHECKING THE SALT CONTENT

Many foods have front of pack labels with traffic lights to make it easy to identify whether the product has **low**, **moderate** or **high** amounts of fat, saturated fat, sugar and salt.

Per 100g: Salt Sodium	Low < 0.3g < 0.1g	Moderate 0.3 - 1.5g 0.1 - 0.6g	High >1.5g >0.6g
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In this example, the fish pie has 1.5g of salt, which has an amber colour, indicating that this is a **moderate** amount of salt. If buying processed food products, try to select those with a **low** amount of salt.



You can also check the nutritional content information on the back of the food product.

NUTRITION		GDA	
Typical values	per 100g	per 3 bites	adult per 3 bites
Energy kJ	1805	380	
Energy kcal	430	90	2000 5%
Protein	3.0 g	0.6 g	45 g 1%
Carbohydrate	64.2 g	13.5 g	230 g 6%
of which sugars	39.0 g	8.2 g	90 g 9%
Fat	17.9 g	3.8 g	70 g 5%
of which saturates	10.6 g	2.2 g	20 g 11%
Fibre	2.0 g	0.4 g	24 g 2%
Salt	0.43 g	trace	2.4 g 1%
Equivalent as salt	0.43 g	trace	6 g 1%

GDA = Guideline Daily Amount

In this example, the teacakes have 0.43g of salt, which is considered a moderate value.

SALT ALTERNATIVES



To avoid the need to add salt, flavoured salts or salt substitutes in cooking and at the table, use herbs and spices, e.g. basil, oregano, tarragon, parsley, coriander, mint, black pepper, curry powder, cumin, cayenne pepper, chilli powder, ground ginger and ground coriander.



- When roasting a chicken, add lemon juice instead of salt to crisp the skin.
- Add a splash of vinegar to vegetables, salads or chips instead of salt.
- Roast carrots and parsnips with cinnamon or mixed spice and a drizzle of honey.
- Add fresh ginger, garlic, chilli and spring onions to your cooking to add more flavour, e.g. crush garlic and use in meat dishes, salads, or with butter on bread.
- Rub dry mustard onto beef before cooking, or add a pinch to savoury white sauce or to oil and vinegar for a salad dressing.
- Use lemon or lime, e.g. grated zest in curries, lime juice in stir fries, and lamb dishes, and lemon juice with some chopped fresh mint on peas or green beans.
- Parsley can be used as a garnish or in sauces or fish dishes.
- Use lemon grass, fresh coriander and a small amount of sesame oil to flavour stir fries instead of soy sauce.
- Steam vegetables and add a dash of lemon juice and freshly ground black pepper.
- Drizzle olive oil, lemon juice and black pepper over salads or boiled new potatoes.
- Use apple to flavour pork.
- Add a bayleaf to meat, chicken or fish dishes.



- Add chopped chives to potatoes or salad.
- Use curry in meat, chicken, vegetable or rice dishes.
- Make your own gravy rather than using granules or cubes.

