



# Tips to reduce your salt intake

## Why reduce your salt intake?

Eating too much salt can raise your blood pressure and increase your risk of heart disease. High blood pressure can damage your kidneys.

Too much salt can cause your body to retain water. For people with lung disease, retaining water makes it more difficult to breathe.

## How much salt do you need?

Eat less than 2300 mg or 1 teaspoon of salt per day.

## How to cut back on salt

- Remove the salt shaker from the table.
- Use herbs or no-salt spices like pepper, onion powder, garlic powder, oregano, basil, etc.
- Don't add salt to food when cooking.
- Read food labels and limit foods with more than 300 mg sodium per serving.
- Eat fewer processed, packaged and fast foods.

## Which foods are LOWER in salt?

- Fresh or frozen fruits and vegetables
- Whole grain breads, buns, cereals, rice, pasta and bannock
- Lentils, beans and barley
- Milk, yogurt and block cheese
- Fresh or frozen meats, wild meats, fish and chicken
- Eggs
- Peanut butter
- Unsalted nuts

## What foods are HIGHER in salt?

- French fries, potato chips, instant potatoes
- Vegetable juices
- Canned or dried soups and instant noodles
- Canned vegetables (rinse with water before eating)
- Pickles, olives, sauerkraut
- Nachos, pretzels, salted nuts and popcorn, crackers
- Canned sauces, instant rice and pasta mixes
- Instant oatmeal
- Cheese slices and cheese spread
- Deli meats like ham, pepperoni, salami, bologna and beef jerky
- Hotdogs, smokies, sausages, bacon and canned ham
- Pickled foods
- Condiments like sea salt, seasoning salt, garlic salt, ketchup, mustard, barbeque sauce, soy sauce, teriyaki sauce and salad dressings

### No-salt seasoning

Try this salt-free recipe for flavouring foods:

- 5 tsp. onion powder
- 1 tbsp. garlic powder
- 1 tbsp. paprika
- 1 tbsp. dry mustard
- 1 tsp. dry thyme
- 1/2 tsp. pepper
- 1/2 tsp. celery seed

Combine all ingredients in a small jar with a shaker top. Sprinkle on fish, poultry, cooked vegetables, soup and stews.



### For more information, contact the Kidney Health Community Program:

CKD Clinic, 3rd Floor, St. Paul's Hospital, 1702-20th Street West, Saskatoon, SK S7M 0Z9

Kidney Health Community Nurse Clinician: 306-655-5312

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## How to read a food label

- Salt can be listed as “sodium” or “soda” on a food label.
- Monosodium glutamate also contains salt.
- If “salt,” “sodium” or “soda” is listed in the first three ingredients or listed more than three times, the food is high in salt.
- Choose foods with less than 10 per cent (300 mg) sodium. A single teaspoon of salt has 2300 mg of sodium!

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 440	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / Saturés 4 g	<b>21 %</b>
+ Trans / Trans 0.2 g	
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 860 mg	<b>36 %</b>
<b>Carbohydrate / Glucides</b> 53 g	<b>18 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

## What about salt substitutes?

Salt substitutes are not for everyone. You should check with your doctor or dietitian before using a salt substitute.

## How much salt does it have?

Some of the foods you are used to eating are very high in salt and should be avoided:

- Bacon (3 slices) = 550 mg
- Barbeque sauce (1 tbsp.)= 130 mg
- Beef jerky (1 stick) = 440 mg
- Bologna (2 slices) = 620 mg
- Cheese spread (2 tbsp.) = 500 mg
- Chicken chow mein (1 cup) = 982 mg
- Chicken fried rice (1 cup) = 800 mg
- Chicken noodle soup (1 cup) = 1170 mg
- Egg roll (1) = 250 mg
- Fried chicken (1 thigh) = 1020 mg
- Garlic salt (1 tsp.) = 1480 mg
- Gravy (4 tbsp.) = 330 mg
- Hotdog (1) = 670 mg
- Ichiban noodles (half package) = 720 mg
- Instant noodles (1 cup) = 730 mg
- Ketchup (1 tbsp.) = 170 mg
- Pickle (1 large) = 830 mg
- Pizza (1 slice of deluxe) = 629 mg
- Potato chips (1 small bag) = 320 mg
- Processed cheese (1 slice) = 310 mg
- Sausage (1) = 400 mg
- Soy sauce (1 tbsp.) = 1230 mg
- Sweet and sour chicken balls (3)= 390 mg
- Teriyaki sauce (1 tbsp.) = 700 mg
- Tomato juice (1 cup) = 690 mg

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