



Sodium



Why Should I Worry About Sodium?

- ❖ Eating less sodium can help lower blood pressure and slow the progression of Chronic Kidney Disease (CKD).
- ❖ Normally, the kidneys filter out excess sodium into the urine. With CKD, however, the kidneys cannot do this properly so sodium tends to build up in your body and can raise your blood pressure.
- ❖ My goal blood pressure is _____.

How Much Sodium Should I Eat?

- ❖ Most people consume 3-4 times as much sodium than is needed.
- ❖ If you have CKD, it is best to consume 1500mg/day.



How Can I Lower my Sodium Intake?

- ❖ Avoid adding extra salt from a salt shaker.
- ❖ Consume more fresh fruits, vegetables and meats.
- ❖ Cook your own food at home so that you can have better control over the salt content.
- ❖ Rinse any canned foods with water to remove the excess salt.

<u>Food Low in Sodium</u>	<u>Foods High in Sodium</u>
Fresh Fruits and Vegetables	Ready to Eat Foods
Rice and Noodles	Lunch Meat, Bacon, Hot Dogs
Fresh Meat, Poultry and Seafood	Frozen Meals
Cooked Cereals without added salt	Fast Food and Restaurant Foods
Unsalted Nuts	Seasoning Mixes containing Sodium
Low or Reduced Sodium Foods	Some Canned Foods (Low or Reduced Sodium Canned Foods are acceptable)