

SODIUM

Most people on dialysis do not need to add salt to their foods and they need to avoid or limit the foods pictured below. Speak with your dietitian about how to eat less salt.



THESE FOODS ARE HIGH IN SALT

Limit or avoid these foods:

Instant cereals, sauerkraut, salted crackers, gravies, snacks like chips and pretzels, canned products, pickles, fast food, processed meats and cheese, and salt substitutes.

Adding salt and salty foods (high sodium foods) to your diet can:

- Increase your thirst
- Cause you to swell (edema)
- Lead to shortness of breath



SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.