The limits of sodium in your diet are usually 2 grams per day or 2000 mg per day. If you still make urine, you may be able to eat more sodium in your diet. Your healthcare team will work with you to determine what your specific needs will be.

Tips to help limit your sodium intake:

1. Do not add salt to your foods.
2. Do not use any seasonings that end in the word “salt”, such as “garlic salt”. Instead use herbs and spices that do not contain salt. Ask your dietitian before using salt substitutes; they may be high in potassium.
3. Limit the use of condiments and salad dressing. Food such as catsup, mustard, barbecue sauce, soy sauce, gravies and salad dressing may have large amounts of sodium in them.

Speak with your dietitian about your individual needs.
Sodium is listed on the food label as mg (milligrams) per serving.

Be sure to check the serving size and compare it to the amount that you eat.

Some of the sodium containing ingredients used in food processing will be listed on the food label under Ingredients. Some examples of those would be: salt, sodium, monosodium glutamate (MSG), baking powder, baking soda, disodium phosphate, sodium benzoate, sodium hydroxide, sodium nitrite, sodium propionate, and sodium sulfite.

Do not be fooled by label claims such as “No Salt”---they may still have some of those sodium containing ingredients. Also, the claim “Natural” does not mean low sodium because “salt” is natural. Be careful about “No added Salt” foods, they may be high in potassium.

Read the food labels on fresh meat and poultry. Normally they should have about 60 mg of sodium in a 3 ounce serving.

Many grocery stores now carry meats that look like they are fresh or fresh frozen, but have salt added to them. They may be injected with a salt solution that helps keep the meat tender and moist during cooking. This can make a 3 ounce serving of meat have 500mg of sodium.

Limit use of canned, processed and convenience type foods (frozen dinners, dry noodle and rice mixes). Instead try to use fresh or frozen products, they usually have less sodium. Read the label!

Find lower sodium snack foods, such as unsalted popcorn, unsalted pretzels, unsalted crackers or chips.