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**

- Canned Products
- Bacon, Sausage, Hot Dogs, Ham, Processed meats/cheeses, Sardines
- Pickles, Relish, and Olives
- Snacks like French Fries, Popcorn, Chips, & Pretzels
- Fast Food
- Other foods high in salt include: Instant cereals, sauerkraut, salted crackers, gravies, and salt substitutes.

Adding salt and salty 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.