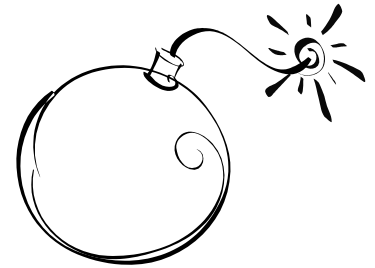


Sodium and Your Kidneys

SODIUM *could be dangerous to you!*



Too much sodium in your diet can cause extra fluid to build up in your body and makes your heart work harder. It can also increase your blood pressure & be harmful for your kidneys.

Sodium is a mineral found in table salt. Sodium is also added to foods during processing for many reasons.

How much sodium do we need?

Adults over the age of 50 only need about 1,300mg of sodium per day.

Even without using any added salt, it is difficult to limit how much we get because of the sodium already added to food.

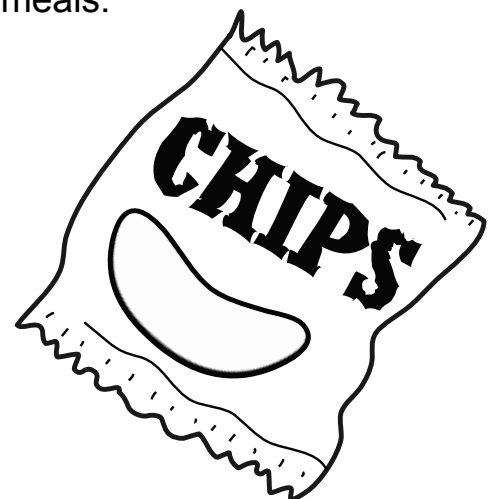
Health Canada suggests a **maximum** of 2300 mg sodium per day for adults. Most people use far more than this.

1 tsp of salt = 2300 mg sodium



Where do we get sodium?

- ♦ 77% comes from processed foods (ham, bacon, canned foods, dry soups, packaged foods, snack foods, etc.) and restaurant meals.
- ♦ 11% from salt added at the table and in cooking.
- ♦ 12% occurs naturally in foods.



Suggestions for Reducing Sodium Intake



1. Try to make foods from scratch.

- ♦ Make home made soups instead of canned or packaged soups. Make a large batch and freeze in plastic containers.
- ♦ Cook plain pasta or rice and flavour with spices and low sodium ingredients instead of pre-packaged mixes with sauce or seasonings already included.
- ♦ Try fresh or plain frozen meat, fish and poultry instead of processed, cured or smoked meats such as sausage, wieners, ham, bacon, pepperoni and smoked fish.
- ♦ Choose fresh or frozen vegetables instead of canned, unless they are salt-free.
- ♦ Rinse canned foods under running water to reduce sodium.

2. Season without Salt.

Seasonings with Salt x	Try these instead ✓
Garlic salt	Garlic powder or fresh garlic
Onion salt	Onion powder or fresh onions (all types)
Seasoning salt	Mrs. Dash (several varieties) or homemade recipe next page
Lemon pepper	Mrs. Dash Lemon Pepper or McCormick's Citrus & Pepper
Soya sauce	Sodium reduced soya sauce or homemade
Pickles	Cucumbers or beets with vinegar, dill, pepper

3. Adding Flavour without Salt:

If cooking these:	These are good non salty herbs to use:
Chicken	basil, chives, curry, ginger, rosemary, sage, thyme
Fish	dill, basil, chives, oregano
Beef	marjoram, oregano, rosemary
Pasta	basil, curry, oregano, rosemary
Rice	chili powder, sage
Vegetables	oregano, rosemary, sage

Homemade Seasoning Mixture

15 ml (1 tbsp) dried mustard	7 ml (1 ½ tsp) black pepper
15 ml (1 tbsp) paprika	5 ml (1tsp) basil
15 ml (1 tbsp) garlic powder	5 ml (1tsp) thyme
15 ml (1 tbsp) onion powder	
Mix and store in a shaker. Vary the recipe by substituting different spices you like and by varying the proportions.	

3. Read Labels for Sodium Content

- ♦ Ask yourself – Is this food a major part of a meal or just a snack or condiment?
- ♦ If it is the whole meal (such as a frozen dinner) or major part of the meal, you could use more of your daily salt allowance.
- ♦ Look at the sodium content on the “Nutrition Facts” part of the labels.
 - % Daily Value < 5% is a low sodium choice.
 - % Daily Value > 20% is a high sodium choice.
- ♦ Compare similar products and choose the one lower in sodium.

**Serving size: ½ cup condensed
or 1 cup diluted soup**



850 mg sodium →
(35% of your salt intake for the day)
Do you think that is a lot for 1 cup of soup?

Suggestion:

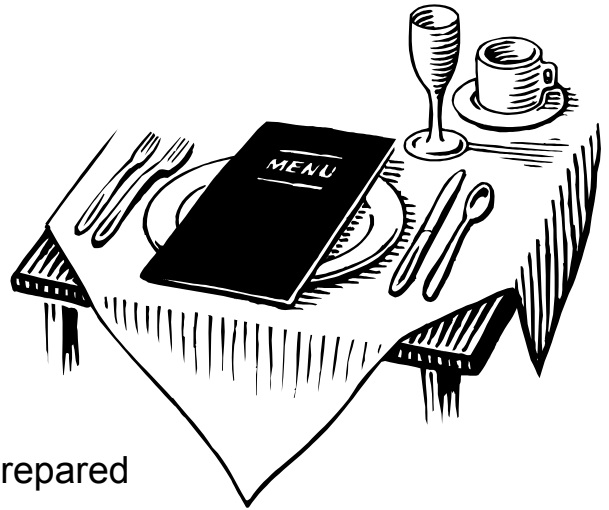
Try making your own soup from scratch.

Nutrition Facts Valeur nutritive	
Per 125 mL condensed serving / par portion condensée de 125 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 7 g	11 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 850 mg	35 %
Potassium / Potassium 80 mg	
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

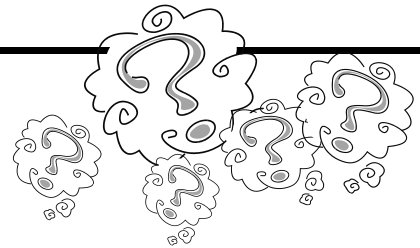
4. *Eat out less often*

- Fast food outlets and restaurants may offer low sugar and low fat choices but too many of their foods are still high in sodium.

- ♦ Ask to see the nutrition information for the menu items and choose those with the lowest sodium content.
- ♦ Ask your server if menu items can be prepared without salt.
- ♦ Ask for sauces and dressings to be served on the side.



I Have Questions . . .



Q: Should I use **sea salt** instead of table salt?

A: **NO.** Sea salt has the same sodium content as regular salt.

Q: **Food tastes flat.** How can I add flavour?

A: It takes 4 to 6 weeks for a person's taste buds to adjust to less salt. Please be patient! See the previous page for suggestions.

Q: I have a **water softener**. What should I know?

A: Water softeners remove calcium and iron from water and replace it with sodium. Consider having the softener only on the hot water and do not use this for drinking or cooking.

Q: What about over the counter **drugs** like laxatives, anti-acids, etc.?

A: Ask the pharmacist if the product is high in sodium.

Q: What about **salt substitutes** such as No Salt , Low Salt, Half Salt?

A: Salt substitutes replace sodium with high amounts of potassium should NOT be used. .

Q: Do I need to buy **salt free** food?

A: It is not necessary to purchase salt-free foods HOWEVER there are many foods available with “no salt added” or “sodium reduced”. Watch for added potassium in these products.