

# Cutting down on salt

## Department of Renal Medicine Patient Information Leaflet

### Introduction

A diet high in salt can cause problems such as raised blood pressure and fluid retention. In addition, for anyone having to restrict the amount of fluids they drink, salt makes people thirsty making it difficult to stick to the fluid limits.

This leaflet gives information on how you can reduce the amount of salt you eat. Please note that the information in this booklet is only a guide. If you need any more information or have any queries, please speak to the Renal Unit staff.

### How much salt can I eat?

Salt can also be called sodium chloride. Adults should eat no more than 2.4g of sodium a day – this is equal to 6g of salt.

Sometimes, food labels only give the figure for sodium. However, there is a simple way to work out how much salt you are eating from the sodium figure:

- Salt = sodium x 2.5

## How can I cut down on salt?

Here are some simple rules:

- Do not add salt to your food at the table.
- Do not use flavoured salts such as garlic salt or sea salt.
- Use only a small amount of salt in cooking or none at all.
- Do **not** use salt substitutes such as LoSalt or any low sodium salts.
- Use herbs, spices and other flavourings as an alternative to salt.

## Which foods contain lots of salt?

The following foods are high in salt and should only be eaten occasionally:

- Bacon, ham, tinned meat such as corned beef, chopped ham and pork.
- Sausages, beef burgers, pies, meat paste, fish paste, haggis, black pudding.
- ‘Convenience’ dishes, for example, lasagne, quiche, macaroni cheese (unless you rely on these as you are unable to prepare meals).
- Cheese.
- Tinned fish such as sardines, tuna and salmon.
- Smoked fish such as smoked haddock and kippers.
- Shellfish, prawns and shrimps.
- Tinned or packet soup, tomato juice, tinned vegetables in salt, baked beans (preferably use reduced salt varieties).
- Crisps, salted nuts or any other savoury snacks.
- Pickles, Bovril, Oxo, Marmite, Bisto, gravy browning, stock cubes and seasoning mixes.

## What can I eat instead?

You can try some of the following instead of salt with chicken, fish, meat, potatoes, pasta, rice and vegetables:

Apple	Bouquet garni	Basil
Bay leaf	Chives or spring onions	Curry powder
Cloves	Garlic	Herbs
Herb vinegars	Lemon juice	Mint
Mixed herbs	Mustard	Nutmeg
Parsley	Paprika	Pepper
Rosemary	Sage	Salad dressings
Tarragon	Vinegar	

### Contact information

#### **The Renal Unit on 01384 244384**

7.30am to 8pm, Monday to Saturday

9am to 5pm, Sunday

Out of these hours, ring the hospital switchboard number and tell them you are a renal patient. Ask to speak to the haemodialysis nurse on call.

**Remember: the renal team is always willing to give help and advice. Please contact us, however small your query.**

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/renal/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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