

# LOW SODIUM DIET



Sodium is a mineral found naturally in foods and is the major part of table salt. Sodium is needed to help your body in absorption and maintenance of major nutrients and water.

## Low Sodium Diet

### What is sodium?

Sodium is a mineral found naturally in foods and is the major part of table salt. Sodium is needed to help your body in absorption and maintenance of major nutrients and water.

### What happens in kidney failure?

Sodium is needed for body water balance. But when kidneys lose the ability to control sodium and water balance, one can be in a high or low sodium and water state. It is more common to encounter problems with excessive sodium and water.

Common problems include:

- thirst
- fluid gain
- high blood pressure

By using less sodium in your diet, these problems can be controlled.

### How do I limit my sodium intake?

There are many sources of hidden salt in seasonings and processed foods which should be avoided. The following are some examples of high sodium foods. You may substitute them with other alternatives to enhance the food taste.

### High Sodium Foods

Limit the amount of...	Substitute with...
<b>Salt and Salt Seasonings:</b> Table Salt, Seasoning Salt, Garlic Salt, Onion Salt, Celery Salt, Lemon	Fresh Garlic, Fresh Onion, Garlic Powder, Black Pepper, Lemon Juice, Vinegar, Salt-free Seasoning, Allspice,

Pepper, Meat Tenderizer, Seasoning Cubes, Flavour Enhancers	Basil, Bay Leaf, Cardamom, Curry Powder, and Ginger can be used for meat, fish, vegetables
<b>Salty Foods:</b> <i>High Sodium Sauces:</i> Barbecue Sauce, Steak Sauce, Soy Sauce, Teriyaki Sauce, Oyster Sauce  <i>Salted Snacks:</i> Cracker, Potato Chip, Corn Chip, Tortilla Chip, Nut, Popcorn, Sunflower Seeds  <i>Cured Foods:</i> Ham, Salt Pork, Bacon, Pickle, Olives	Low-Salt Sauces, Salad Dressings, Vinegar, Mustard Powder          Fresh Beef, Veal, Pork, Poultry, Fish, Egg
<b>Luncheon Meats:</b> Hot Dog, Cold Cut, Deli Meat, Sausage, Corned Beef	Low-Salt Deli Meat
<b>Processed Foods:</b> Buttermilk, Cheese  <i>Canned:</i> Soup, Tomato Product, Vegetable Juice, Canned Vegetable  <i>Convenience Foods:</i> Macaroni & Cheese, Spaghetti, Commercial	Natural cheese (1-2 oz per week)      Homemade or low-sodium soup, canned food without added salt   Homemade casserole without added salt, made with fresh or raw

mix, Frozen prepared food, Fast food	vegetable, fresh meat, rice, pasta, or unsalted canned vegetables
--------------------------------------	---

### Tips to keep your sodium intake down

- Cook with herbs and spices instead of salt.
- Read food labels and choose those foods that contain low sodium.
- Avoid salt substitutes and low-sodium foods made with salt substitutes because they are high in potassium.
- When eating out, ask for less salt. Request for gravy or sauce on the side, as these may contain large amount of salt.
- Limit use of canned, processed and frozen foods.

### Can I use salt substitutes?

**Caution!** If you are told to limit potassium in your diet, be very cautious about using salt substitutes because most of them contain some form of potassium. Check with your doctor or dietician before using any salt substitute.



### You may visit these websites for more information:

<http://www.kdf.org.sg/health.aspx>  
<http://www.davita.com>  
<http://www.uptodate.com/patients/index.html>

## 什么是钠?

## 肾衰竭的情形

一般问题包括:

- 因此，在您的饮食中使用较少的钠，有助于控制这些问题。

## 如何控制钠的摄取？

您应该避免食用调味料与加工食品里含有许多隐藏着的盐分。以下是一些高钠食品的例子。您可以选择其他替代品来增添食物的美味。

## 高钠食品

限制食用...	替代品...
<b>盐与盐分调味料:</b> 食用盐、调味盐、蒜味盐、	新鲜蒜头、新鲜洋葱、 蒜头粉、黑胡椒、柠檬

葱味盐、芹菜盐、柠檬胡椒、肉类嫩精、调味块、增香剂	汁、醋、无盐调味、众香果、九层塔、月桂叶、小豆蔻、咖喱粉和姜，都可以用来烹煮肉类、鱼类和蔬菜
<b>高盐食品：</b> <b>高钠酱料如：</b> 烧烤酱、牛排酱、酱油、叉烧酱、蚝油  <b>添加盐的零食如：</b> 脆饼、马铃薯片、玉米片、墨西哥玉米片、坚果、爆米花、葵花籽  <b>腌渍食品如：</b> 火腿、咸猪肉、腌肉、腌菜、橄榄	低盐酱料、沙拉酱、醋、芥茉粉          新鲜牛肉、小牛肉、猪肉、家禽、鱼类、鸡蛋
<b>午餐肉类：</b> 热狗、冷盘腌肉片、熟肉片、咸牛肉、香肠	低盐熟肉片
<b>加工食品：</b> 酸奶、乳酪  <b>罐头：</b> 汤、番茄食品、蔬菜汁、罐头蔬菜	自然乳酪 (每星期1至2盎司)       自制或低盐汤、无加盐分罐头食品

便利食品如： 通心粉与乳酪、意大利面、包装调味料、冷冻熟食、快餐	自制焗炖菜肴（无加盐分）、以生鲜蔬菜、新鲜肉类、米饭、意大利面或罐装的无盐蔬菜烹煮
-------------------------------------	---

## 如何减低钾的摄取钠的提点

- 用香草和香料代替盐烹煮食物。
- 查阅食品标签，选择低钠食品。
- 避免用食盐的替代品或以盐分替代品制成的食品，因这些食品通常都含有高钾。
- 在外用餐时，要求少盐；要求酱料放一边，因酱料可能含有大量盐分。
- 限制使用罐头、加工和冷冻的食品。

## 我能用食盐替代品吗？

**注意！** 如果必须限制饮食中的钾，在用食盐替代品时您要谨慎，因大多数的食盐替代品都含有钾的成分。在使用盐替代品之前，先向您的医生或营养师查询。



欲知详情，可参阅以下的网址：

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com/>

<http://www.uptodate.com/patients/index.html>