

How to eat less salt

Information For
Children with Kidney Disease

Department of Dietetics and Nutrition



Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Children's Dietitian:

Contact number: (0115) 924 9924 Ext: 62066



It is important not to eat too much salt as it may make your body retain water and it can contribute to high blood pressure. Salt also makes you thirsty.

Over 80% of the salt we eat comes from processed foods – food we buy in tins and packets, or in convenience and take-away foods.

How to cut down on the family's salt intake:-

- Try to reduce the amount of processed food that you eat, as nearly all of it contains added salt.
- Try not to add salt to food either while cooking or at the table. (Sea Salt is no different and we do not recommend use of salt substitutes).

It takes a few weeks for your taste buds to adjust to having less salt, so it may be easier to cut down gradually.

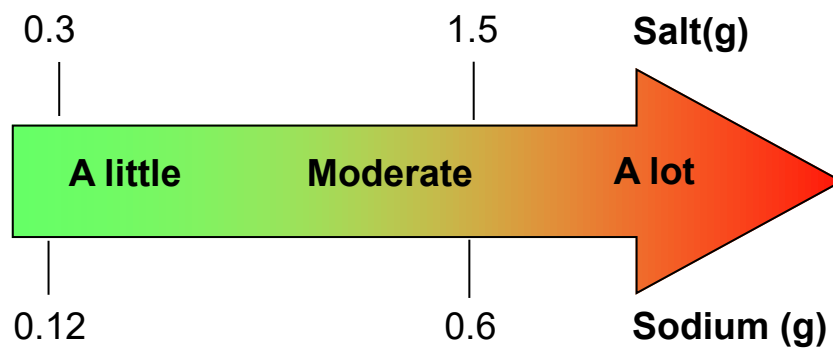


Food Labelling

By Reading food labels you can make better choices and choose foods lower in salt.

As a general rule:

Per 100g



Example:



Typical Values	Per 100g	Per pack (25g)
Energy (KJ)	2139	535
(Kcal)	512	128
Fat	29.2g	7.3g
Carbohydrate	50.1g	12.5g
Fibre	2.5g	0.6g
Protein	10.6g	2.7g
Salt	2.5g	0.6g

Salty foods to eat less of:

Processed meats e.g bacon, sausage, ham, salami, chicken nuggets, fish fingers, etc Limit to 1-2 times a week

Take away meals

Smoked meats and fish

Cheese

Crisps, corn snacks and salted nuts,

Tinned and packet soups/beans.

Pot noodles/super noodles.

Soy sauce, brown sauce, tomato ketchup,

Marmite, Bovril, stock cubes, gravy granules

Olives and pickles

Butter and margarine



Lower salt foods to choose:	
	Fresh meat, fish and poultry
	Home made meals using fresh ingredients and limit takeaways to twice a month
	Unsmoked meats
	Herbs, spices, garlic, pepper, vinegar, lemon juice to add flavour
	Unsalted nuts/crisps
	Homemade soups
	Plain egg noodles
	Lower salt products, e.g. reduced salt baked beans/tomato ketchup/soy sauce
	Reduced/low salt gravy/stock cubes
	Unsalted butter and margarine



Breakfast Cereals and Breads eaten in large quantities can contribute to a high salt intake.

Healthy eating

- Eat plenty of foods rich in starch and fibre e.g. wholegrain breakfast cereals, granary or wholemeal bread.
- Eat plenty of fruit and vegetables.
- **Don't** eat too many foods that contain a lot of fat. Reduce Saturated fat intake which is found in butter, lard, biscuits, pastry, cakes, some processed meats and full fat dairy products.
- Limit fried food, grill, microwave, bake, poach, steam or boil instead. Trim off any visible fat before cooking.
- **Don't** have sugary foods and drinks too often.

Notes:

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

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