

Cutting Down on Salt

Renal diet information from Edinburgh Royal Infirmary, www.edren.org

A diet high in salt can contribute to raised blood pressure, and fluid retention. If you are on a fluid restriction, salt can make you thirsty and therefore makes it difficult to stick to your fluid limits.

Some Simple Rules:

Do not add salt to your food at the table.

Do not use flavoured salts, e.g. garlic salt or sea salt.

Use only a small amount of salt in cooking or none at all.

Do **NOT** use salt substitutes, e.g. Lo Salt or low sodium salts

Use herbs, spices and other flavourings as an alternative to salt.

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

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

Overleaf are some **seasoning suggestions that you can try instead of salt.**

Further information

Go to www.edren.org and click on 'EdRenINFO' at the top right. Then click on 'Diet in kidney disease'. Or try an Internet search for 'salt renal edinburgh'

Try some of these seasoning suggestions instead of salt:

Apple	With pork
Bouquet garni, Basil	In stews & casseroles
Bay leaf	Add to fish, chicken & red meat dishes
Chives, spring onion	Chop & add to potatoes or salad
Curry powder	Use in meat, chicken, vegetable & rice dishes
Cloves	Use in boiled onions to flavour white sauce
Garlic cloves	Crush & use in any meat dish or salad, add to butter or polyunsaturated margarine for garlic bread
Herb vinegars	Put some sprigs of herbs (e.g. mixed rosemary, tarragon or thyme) into a small jar with herbs, wine vinegar. Use on its own or mixed with oil, to eat with any savoury dish or tossed into hot vegetables
Lemon juice	Add to fish or chicken dishes
Mint	Boil with potatoes & veg, mint sauce & lamb
Mixed herbs	In stuffing & omelettes
Mustard	For mustard sauce with beef: rub surface of beef with dry mustard before cooking. Add a pinch to savoury white sauce or to oil & vinegar salad dressing
Nutmeg	Sprinkle over vegetables, particularly mashed potato, cabbage & cauliflower
Parsley	As a garnish or in sauces or fish dishes
Paprika	Use as a garnish in chicken & rice dishes
Pepper	Add to savoury dishes
Rosemary	When roasting lamb or veal or with cabbage
Sage	In stews or as a stuffing with pork or duck
Salad dressings	For example, vinegar with olive oil & garlic
Tarragon	In scrambled egg, savoury flan, chick & fish
Vinegar	Add to chips & hard boiled eggs