

## 2 gram Sodium Diet

Controlling your sodium is very important in CKD and Hypertension (high blood pressure)

Sodium, or sodium chloride is an element that is used by all living creatures to regulate the water content in the body. Usually a sodium restriction comes in the form of "No Added Salt." This is necessary because a greater intake of sodium will result in poorly controlled blood pressure and excessive thirst which can lead to difficulty adhering to the fluid restrictions in your diet.

### What are the effects of eating too much sodium?

When your kidneys are not healthy, extra sodium and fluid build up in your body. This can cause swollen ankles, puffiness, a rise in blood pressure, shortness of breath, and/or fluid around your heart and lungs.

- Avoid table salt and any seasonings that end with the word "salt"
- Avoid salt substitutes( they contain potassium)
- Avoid salty meats such as bacon, ham, sausage, hot dogs, lunch meats, canned meats, or bologna
- Avoid salty snacks such as cheese curls, salted crackers, nuts, and chips
- Avoid canned soups, frozen dinners, and instant noodles
- Avoid bottled sauces, pickles, olives, and MSG

1. **Know how much sodium you are allowed each day.** Remember that there are 1000 milligrams (mg) in 1 gram. For example, if your diet prescription is 2 grams of sodium, your limit is 2000 milligrams per day. Consider the sodium value of other food to be eaten during the day.
2. **Look at the package label.** Check the serving size. Nutrition values are expressed per serving. How does this compare to your total daily allowance? If the sodium level is 500 mg or more per serving, the item is not a good choice.
3. **Compare labels of similar products.** Select the lowest sodium level for the same serving size.
  - Understanding the terms:
    - Sodium Free - Only a trivial amount of sodium per serving.
    - Very Low Sodium - 35 mg or less per serving.
    - Low Sodium - 140 mg or less per serving.
    - Reduced Sodium - Foods in which the level of sodium is reduced by 25%.
    - Light or Lite in Sodium - Foods in which the sodium is reduced by at least 50%.
  - Simple rule of thumb: If salt is listed in the first five ingredients, the item is probably too high in sodium to use.