

SODIUM



These Foods are *HIGH* in Salt

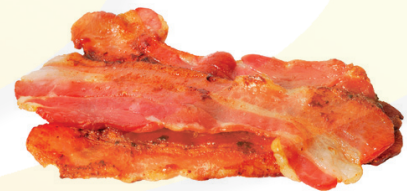
Most people on dialysis do not need to add salt to their foods and they need to avoid or limit the foods pictured below. Speak with your dietitian about how to eat less salt.



Snacks like French Fries, Popcorn, Chips, & Pretzels



Canned Products



Bacon, Sausage, Hot Dogs, Ham, Processed meats/cheeses, Sardines



Fast Food



Pickles, Relish, and Olives

Other foods high in salt include: Instant cereals, sauerkraut, salted crackers, gravies, and salt substitutes.

Adding salt and salty foods to your diet can:

- Increase your thirst
- Cause you to swell (edema)
- Lead to shortness of breath

Speak with your dietitian about your individual needs