# The Low-Salt Kitchen Card

Cutting down on salt helps control blood pressure and reduces protein leaking into the urine — and it makes blood-pressure medicines work better. Most salt is hidden in processed food, not added at the table. Keep this card in the kitchen.

## Where salt hides

- ☐ Bread, breakfast cereals and baked goods — a little in every slice adds up
- ☐ Processed meats: ham, bacon, sausages, deli slices, salami
- ☐ Cheese, salted butter and savoury snacks
- ☐ Sauces and condiments: soy sauce, ketchup, stock cubes, gravy granules, salad dressings
- ☐ Soups, ready meals, pizza, takeaway and restaurant food
- ☐ Tinned foods in brine (choose "in water" or no-added-salt versions, and rinse beans)

## Flavour without salt

- ☐ Herbs and spices: garlic, black pepper, smoked paprika, cumin, coriander, fresh basil and parsley
- ☐ Acid brightens flavour: lemon or lime juice, a splash of vinegar
- ☐ Toast spices and brown food well — colour means flavour
- ☐ Note: many "low-salt" salt substitutes replace sodium with potassium, which is not suitable for everyone with kidney disease — ask your kidney team before using them

## Reading the label

- ☐ Compare the sodium (or salt) per serving between brands — the differences are often large
- ☐ On US labels, "low sodium" means 140 mg or less per serving
- ☐ Watch the serving size: a packet that looks modest may contain two servings
- ☐ Eating out: ask for sauces and dressings on the side, and grilled instead of fried where you can


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This handout is general information; it is not medical advice and does not replace the guidance of your own care team.