

The Renal Diet - Sodium

Before making any changes to your diet make sure to discuss them with your physician or dietitian.

Sodium is needed by the body for many functions, such as controlling muscle contractions, balancing fluids in the body, and controlling blood pressure. Healthy kidneys remove excess sodium in the urine. As kidney function declines, sodium and fluids may accumulate in your body. Fluid retention may cause swelling in your eyes, hands, and/or ankles. To keep your sodium level in balance, your doctor may ask you to restrict the sodium in your diet.

Foods high in sodium include the following:

- Table salt
- Bouillon cubes
- Potato chips
- Nuts
- Bacon
- Cold cuts
- Cheese
- Canned, dehydrated, or instant soup
- Canned vegetables
- Processed dinner mixes (such as Hamburger Helper, Rice-a-Roni)
- Restaurant foods
- Fast food
- Soy sauce
- Pretzels
- Ham
- Hot dogs
- Pickles
- TV dinners

References:

- "Diet and Exercise and How They Affect Your Kidneys", *Stay in Touch*, Baxter International Inc., August 2000, 5L0077
- Lancaster, L., *Core Curriculum for Nephrology Nursing*, 4th edition, 2001, pp. 211-212.
- "Sodium and Renal Diet", *National Kidney Foundation*, 1994, 04-14NN.



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