

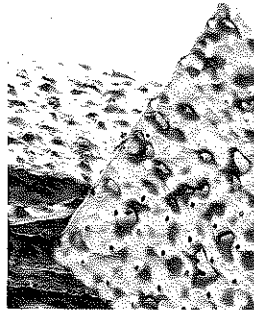
# Nutrition for People With Chronic Kidney Disease (CKD): Sodium

**Control Your Sodium Intake.** Sodium is a mineral found in many foods and is the major part of table salt. The primary role of sodium in the body is to maintain normal fluid balance. Food usually contains more sodium than the body needs, and too much can be harmful for people with CKD. Sodium causes fluid to build up in your body and leads to many problems like raising blood pressure, swelling, and putting a strain on your heart and kidneys.

## Good Choices



Fresh herbs and salt-free spices (eg, garlic powder, onion powder, paprika, etc)



Unsalted crackers, popcorn, pretzels, graham crackers



Lean beef, pork, poultry, fish, low-salt deli meats



Homemade soups, canned vegetables without added salt, fresh or frozen vegetables



Plain dry noodles and rice

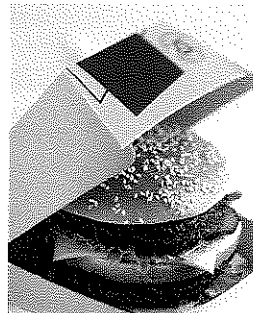


Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

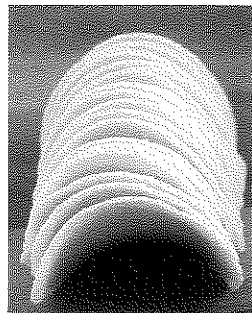
## Poor Choices



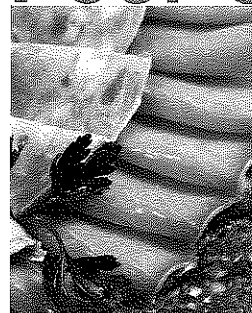
Table salt, seasoning salt, garlic salt, bottled barbecue sauce, steak sauce, soy sauce



Fast food, frozen dinners, take-out, many restaurant foods



Potato chips, salted crackers, corn chips, pretzels, popcorn



Cold cuts/deli meats, ham, bacon, sausage, hot dogs, bologna, regular corned beef, pastrami



Pickles, pickle relish, sauerkraut, olives



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\*Homemade Vanilla bottles only available at retail locations

