



Reducing Salt in Your Diet



About Salt

- Salt is a mineral in food
- Most of us are eating too much salt.
- Eating more than 6 grams of salt per day can have harmful effects on our health
- Too much salt in our diets can lead to fluid retention (oedema)
- If you have high blood pressure, restricting salt can help lower your blood pressure
- A low salt diet helps some blood pressure tablets (tablets ending in "pril" and – "sartan") stabilise your kidney health by reducing the amount of protein leaking into your urine
- Three-quarters of the salt we consume is already in the foods we buy



Table Salt, Himalayan (Pink) salt, Sea Salt, Red Sea Salt and Black Salt are all the same. They are all made of sodium chloride.

Tips for Reducing Salt intake

- Cook meals using fresh ingredients and look for lower salt options.
- Limit the amount of salt you add when cooking or avoid adding it completely.
- Use different flavours to reduce your need for salt. (For example, herbs, spices, garlic, black pepper, vinegar, lemon juice and chilli)
- Bread can be high in salt, always check the label and choose lower salt options.



You can find more helpful tips in the NHSGGC Diet and CKD video.

Here's the QR Code:



Limit the following foods that tend to be high in salt:

- Processed meat such as ham, bacon, burgers and sausages.
- Cheese, like cheddar and feta - try lower salt varieties such as mozzarella, cottage or cream cheese
- Some ready-meals and ready-made sandwiches
- Jars of ready-made sauce, packet and instant noodles, tinned pastas, instant pastas, packet sauces
- Condiments such as soy sauce, Worcestershire sauce, Bovril and Marmite
- Tinned and packet soups
- Savoury snacks such as crisps, savoury biscuits and salted nuts
- Stock cubes, gravy granules and seasoning mixes



Salt substitutes and low sodium salts should be avoided if you are following a low potassium diet. For example Lo-Salt and So-Lo contain potassium chloride.

Reading Labels – How Much Salt?



The chemical name for salt is sodium chloride (NaCl).

Sometimes the salt content of foods is listed on labels as sodium instead of salt:

- 0.3g salt = 0.1g sodium
- 1.5g salt = 0.6g sodium
- 1.8g salt = 0.7g sodium



Moving Forward

Initially when you reduce your salt intake, you may feel that foods taste bland.

Do this gradually and give your taste buds 2 – 3 weeks to adjust and you'll start to taste the delicious flavour of natural food!