

The Renal Diet - Sodium

Before making any changes to your diet, make sure you discuss them with your doctor or dietitian.

Sodium is needed by the body for many functions, such as controlling muscle contractions, balancing fluids, 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 limit 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™)
- Fast food
- Soy sauce
- Pretzels
- Ham
- Hot dogs
- Pickles
- TV dinners

Low sodium alternatives:

- Season with a variety of spices like garlic and oregano
- Use lemon



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