

Salt foods Better Choice cards



Tinned meat & vegetables



Salt foods Better Choice cards



Baked beans



Salt foods Better Choice cards



Sandwich



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Lentils



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Fresh fish



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Wrap



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Rice



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Canned tuna in  
spring water



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Hokkien noodles



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Rice cake



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Plum



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Mandarin



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Apple



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Carrot sticks



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Honey



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Marmalade



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There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

**CKD Salt 'Better Choice' Food Cards** provide enlarged pictures of information on the CKD salt handout to be used in interactive discussion with dietitian

Purpose of resource:

To help chronic kidney disease patients to choose low salt options so they have and avoid kidney damage.

### Content

- Examples of Better Choice Low Salt foods.

Key skills (Competencies):

A patient should be able to:

- Tell you that salt can damage their kidneys.
- Show you low salt food options.
- Show you high salt food options.
- Tell you one change they or someone could make to have a lower salt food.
- Tell you what would stop them making low salt choices

Key Health Messages

- Too much salt can damage your kidneys.
- Choose low salt foods as it will help your kidneys stay stronger for longer.
- Talk to your dietitian about making low salt food choices.

Target group:

This resource is designed to be used by any Australian who has chronic kidney disease.

### Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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