

Protect your kidneys from salt

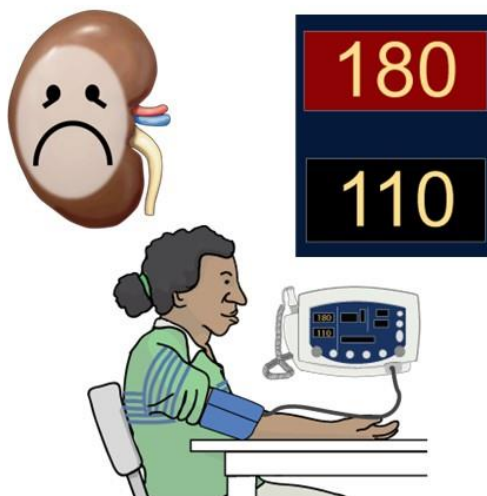
If you have Chronic Kidney disease (CKD) choose low salt foods

- We tell everyone to eat less salt, but it is even more important for people with kidney disease to eat low salt foods.



- Salt can make your blood pressure high.

This can make your kidneys get sicker quicker.



- To protect your kidneys try to eat foods in the green boxes. These foods are low in salt and will help your kidneys stay strong.





Protect your heart from salt



If your kidneys are sick choose low salt foods

✗ Have less ✗



Salt



Iodized Salt



Stock powder



BBQ sauce



Gravy



Worcestershire sauce



Fish paste



Curry powder



✓ Better choice ✓



Pepper



Dried herbs



Chilli paste



Chilli



Low salt gravy



Orange



Mustard powder



Low salt curry powder





Protect your heart from salt



If your kidneys are sick choose low salt foods

Have less



Soy sauce



Tomato Sauce

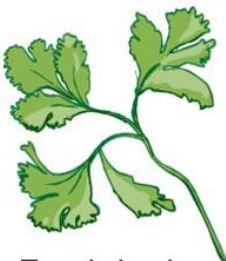


Black bean sauce



Sweet chilli sauce

Better choice



Fresh herbs



Garlic



Lime



Garlic Paste



Ginger Paste



Lemon



Spices



Ginger



Onion



Honey



Vinegar



Dried herbs



Protect your heart from salt



If your kidneys are sick choose low salt foods

Have less



Corned beef



Meat pie



Sausage roll



Spring roll



Dim sim



Fried fish



Processed meat



Noodle cup



Cup of soup

Better choice



Tinned meat & vegetables



Baked beans



Lentils



Sandwich



Wrap



Fresh fish



Fresh fish



Canned tuna



Rice



Hokkien noodles



Protect your heart from salt



If your kidneys are sick choose low salt foods

✗ Have less ✗



Crackers



Salty plums



Chips



Fries



Yeast spread



Cheese

✓ Better choice ✓



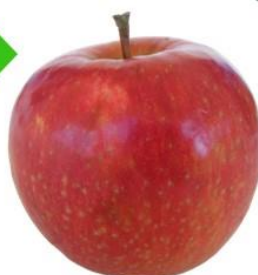
Rice cake



Plum



Mandarin



Apple



Carrot sticks



Honey



Marmalade

Health Professional Facilitator Information

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

Use of resource:

CKD Salt Handout- can be provided to chronic kidney disease patients along with dietitian advice

Purpose of resource:

To help chronic kidney disease patients to choose low salt options.

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

- Salt will make your kidneys sicker quicker.
- 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 size and used as a handout.

Pages of this resource can also be printed A3 and used as a poster.

If a patient has poor eyesight it can be printed as an A3 handout.

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