

Protect your heart from salt

If you do dialysis choose low salt foods

- We tell everyone to eat less salt but it is even more important for dialysis patients to eat low salt foods.



- Salt can make your blood pressure high. Salt can also make you drink too much. These things can make your heart weak.



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





Protect your heart from salt



If you do dialysis, choose low salt foods

✗ Have less ✗



Salt



Iodized Salt



Stock powder



BBQ sauce



Stock powder



Worcestershire sauce



Gravy



Curry powder



Fish paste

✓ Better choice ✓



Pepper



Dried herbs



Chilli paste



Chilli



Low salt gravy



Orange



Mustard powder



Low salt curry powder





Protect your heart from salt



If you do dialysis 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 you do dialysis 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



Canned tuna



Rice



Hokkien noodles



Protect your heart from salt



If you do dialysis choose low salt foods

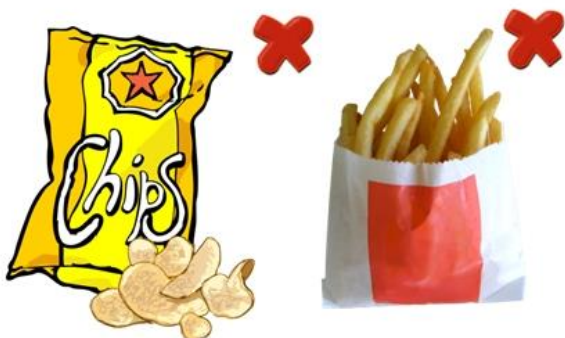
✗ Have less ✗



Crackers



Salty plums



Chips

Fries



Yeast spread

Cheese

✓ Better choice ✓



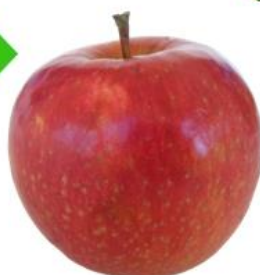
Rice cake



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:

Salt Handout- can be provided to dialysis patients along with dietitian advice

Purpose of resource:

To help dialysis patients to choose low salt options so they have and avoid heart damage.

Key skills (Competencies):

A patient should be able to:

- Tell you how salt can damage their heart.
- 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 heart.
- Choose low salt foods it will help your heart 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 receives dialysis.

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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