

Salt flavouring- Have less cards



Soy sauce



Salt flavouring- Have less cards



Tomato Sauce



Salt flavouring- Have less cards



Black bean sauce



Salt flavouring- Have less cards



Sweet chilli sauce



Salt flavouring- Have less cards



Salt



Salt flavouring- Have less cards



Iodized Salt



Salt flavouring- Have less cards



Stock powder



Salt flavouring- Have less cards



BBQ sauce



Salt flavouring- Have less cards



Gravy



Salt flavouring- Have less cards



Worcestershire  
sauce



Salt flavouring- Have less cards



Fish  
paste



Salt flavouring- Have less cards



Curry powder



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:

**Salt 'Have Less' Flavoring Food Cards** provide enlarged pictures of information on the salt handout to be used in interactive discussion with dietitian

### Purpose of resource:

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

### Content

- Examples of Have Less Salty Flavouring foods.

### 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 or A3 size , cut out and laminated so they can be used in interactive activities.

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