

# What Does Salt Have To Do With Fluid?



**Salt makes you thirsty.** It also makes your body hold on to more fluid like a sponge holds water. The more sodium in your diet, the thirstier you will be and the more you will drink. This can cause high fluid gains between dialysis treatments.

The following foods should be used in very small amounts:

## Beverages

Tomato juice  
V8 Juice®

## Instant Foods

Gravy & Sauce Mixes  
Potato Mixes  
Package Rice Mixes  
Stuffing Mixes

## Meat and Cheese

Ham  
Bacon  
Cheese  
Corned Beef  
Hot Dogs  
Luncheon Meats  
& Deli Meats  
Sausage



## Seasonings

Baking Soda  
Barbecue Sauce  
Catsup  
Celery Salt  
Chili Sauce  
Fish Sauce  
Garlic Salt  
Meat Tenderizer  
MSG  
(monosodium glutamate)  
Onion Salt  
Picante Sauce  
Soy Sauce  
Steak Sauce  
Worcestershire Sauce

## Snacks

Chips & Dips  
Crackers  
Salted Nuts  
Salted Popcorn  
Salted Pretzels



## Soup

Bouillon Cubes & Granules  
Canned Soups  
Ramen & Instant Soups



## Vegetables

Canned Vegetables  
Olives, Green & Black  
Pickles & Relish, Sweet and Dill