

Sodium and Fluid in CKD



Sodium helps your body maintain a healthy fluid balance, but with kidney failure, your body cannot get rid of extra sodium and fluid. Eating too much sodium (salt) can make it hard to manage your thirst and fluids. This can cause swelling, high blood pressure, difficulty breathing and heart damage.

Ways to Keep Sodium Intake under Control:

1. Limit sodium (salt) intake to 2000-2300mg per day.
2. Keep track of the fluid you drink, about 32 ounces per day.
3. Get rid of the saltshaker.

Quick Tips:

- ✓ Choose fresh or fresh-frozen fruits, vegetables and meats instead of canned foods, luncheon meats and pre-packaged foods when possible.
- ✓ Use herbs, spices, lemon or lime juice to add flavor to your foods instead of salt, salt seasonings or salt substitutes.
- ✓ Look at nutrition facts labels for sodium in foods. **Aim for 200mg or less per serving.**
- ✓ Instead of dining out, cook at home more often.
- ✓ Avoid high-sodium foods such as ham, bacon, hotdogs, sausage, cold cuts, salami/pastrami, corned beef, pickles, olives, relishes, sauerkraut, fast food, pizza and canned foods.

