



Low Sodium

KIDNEY DIET

CHEAT SHEET

RenalTracker



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Low Sodium **DIET TIPS**

Low

High

Vegetables & Fruits



All Fresh Produces

- Apple
- Berries
- Peaches
- Cucumbers

Canned Vegetables with added salt

- Canned Corn
- Baked Beans
- Pickles

Plant Proteins



Fresh, Lean Meats

- Chicken
- Turkey
- Fish
- Eggs

Processed Meats with Added Salt

- Bacon
- Sausages
- Smoked Salmon

Dairy



- Unsalted Almond Milk
- Low-sodium or Salt-free Cheese
- Cottage Cheese

- Regular Cheese (Cheddar, Feta)
- Packaged or Flavored Almond Milk

Carbs



- Whole Grains (Brown Rice, Quinoa)
- Low-sodium Bread or Wraps

- Processed or Instant Noodles
- Commercially Baked Goods with Added Salt

Snacks & Nuts



- Unsalted Nuts (Almonds, Walnuts)
- Air-popped Popcorn

- Salted Nuts
- Packaged, Salty Snacks
- Potato Chips

Condiments



- Herbs and Spices
- Vinegar
- Lemon or Lime Juice
- Low Sodium Soy Sauce or Salad Dressings

- Soy Sauce
- Commercial Salad Dressings
- Ketchup
- Mustard
- Teriyaki Sauce

Beverages



- Water
- Herbal Teas
- Fresh Juice

- Regular Sports Drink
- High-Sodium Vegetable Juices
- Packaged Fruit Drink
- Regular Soda