

Kidney Disease: Avoiding High-Sodium Foods

Sodium is a mineral that the body needs in small amounts. When sodium intake is too high, it can increase thirst and cause the body to retain fluid. If you have kidney disease, try not to eat the foods listed here, unless the label states that they are made without salt.

- **Canned and processed foods**, such as gravies, instant cereal, packaged noodles and potato mixes, olives, pickles, soups, vegetables
- **Cheeses**, such as American, Blue, Parmesan, Roquefort
- **Cured meats**, such as bacon, beef jerky, bologna, corned beef, ham, hot dogs, sandwich meats, sausages
- **Fast foods**, such as burritos, fish sandwiches, milk shakes, salted french fries, tacos
- **Frozen foods**, such as meat pies, TV dinners, waffles
- **Salted snacks**, such as chips, crackers, peanut popcorn, pretzels, and nuts
- **Other packaged items**, such as antacids, baking soda, bouillon, catsup, lite salt, relish, salted butter and margarine, soy sauce, steak sauce, vegetable juices

