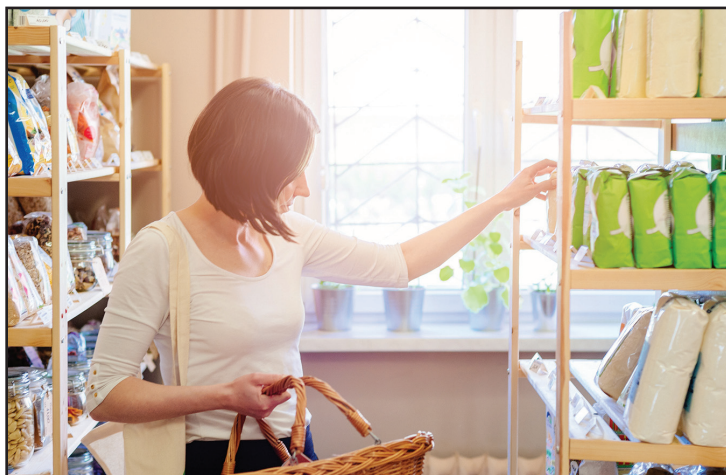


DIET & DIALYSIS: SODIUM

Sodium and fluids work together in your body.

Too much sodium can be harmful for anyone. For those on dialysis, limiting sodium intake helps control thirst and prevent fluid overload.

When your kidneys do not work properly, sodium and fluid build-up in your body. This can cause swelling (edema), increased blood pressure, shortness of breath, and heart damage.



Most people on dialysis must follow a low sodium diet that eliminates salt (in cooking and at the table) and limits salty foods.

Eating too much sodium or salty foods makes you thirsty.

The main dietary sources of sodium are:

- Salt
- Processed foods such as cold cuts and cheeses
- Fast foods and pizza
- Frozen dinners
- Soups and canned foods,
- Condiments and sauces.

Your meal pattern is planned for the right amount of sodium and fluid.

You can flavor your food with spices when you eliminate salt. Do not use salt substitutes or potassium-containing spices.