What is Sodium?
Sodium is a mineral found in food, table salt and sea salt. We need some sodium for body water balance. However, we tend to eat more sodium than we need.

Why Do I Need to Limit Sodium?
Eating a lot of salt (sodium) may increase blood pressure, cause swelling of the hands and feet and make breathing difficult. If you have high blood pressure, diabetes, heart or kidney disease, it is beneficial to limit your sodium.

Where Does Sodium Come From?
- Salt added in cooking and at the table.
- Salt and other sodium additives are found in commercially prepared foods.
- Small amounts of sodium are found naturally in many foods we eat.

Low Salt (Sodium) Diet

Meat and Alternatives

Avoid foods that are high in sodium
Barbecued meats, Chinese sausages, wiener/sausages, beef or pork jerky, luncheon meat, stewed pork, ham, salted fish, dried shrimps, canned fish with black beans, sardines, salted eggs, century eggs, fermented tofu, salted nuts and seeds

Better choices
Fresh or frozen unsalted meats, poultry, fish, seafood, eggs, tofu

NUTRITION INFORMATION

營養訊息
### Low Salt Diet

#### Fruits and Vegetables

**Avoid foods that are high in sodium**
- Regular canned vegetables, preserved vegetables, Chinese pickles, tomato juice, Chinese preserved fruits

**Better choices**
- Fresh or frozen vegetables and fruits, low sodium canned vegetables, canned fruit

#### Grain Products

**Avoid foods that are high in sodium**
- Instant noodles and instant rice with seasonings, TV dinners, salted crackers, instant hot cereal

**Better choices**
- Unprocessed noodles, rice (e.g.: vermicelli, rice noodles, udon, noodles, congee, pasta, bread, oatmeal), low sodium crackers, plain cookies

#### Milk and Alternatives

**Avoid foods that are high in sodium**
- Cheese slices, cheese spreads and cheese sauces

**Better choices**
- Milk, yogurt, low sodium cheeses (e.g.: low sodium cream cheese), block type cheese

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<tbody>
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<td>Avoid foods that are high in sodium</td>
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<tr>
<td>Salt, Half-Salt (high in potassium), garlic salt, MSG, soy sauce, oyster sauce, fish sauce, shrimp paste, ready-to-use sauces (e.g.: BBQ sauce, Hoisin sauce and Teriyaki sauce, Chinese cooking wine, bean paste, miso, ketchup, bouillon (cubes or powder), canned soups, potato chips, shrimp crackers, seaweed (in large amounts))</td>
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<td>Ginger, onion, garlic, garlic powder, green onion, spices and herbs (e.g.: pepper, dried chili, curry powder, star anise, lemon grass), lemon, vinegar, sesame oil, low sodium soy sauce, low sodium soups, tea</td>
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<td>鹽、Half-Salt (含高鈉)、蒜鹽、味精、生抽老抽、蠔油、魚露、蝦膏、即用醬汁（如叉烧醬、海鮮醬、日本燒烤醬）、中國廚酒、豆豉、面豉、茄汁、粒装或粉装的濃縮湯、罐頭湯、薯片、蝦片、紫菜（大量）</td>
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<td>薑、洋蔥、蒜頭、蒜粉、蔥、香料（如胡椒粉、乾辣椒、咖喱粉、五香八角、香茅）、檸檬、醋、麻油、低鈉生抽或老抽、低鈉的湯、清茶</td>
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使用這份資料時，請諮詢您的營養師。

您的營養師：______________ 電話：______________

如何尋找更多資料？

www.kidney.ca • www.bcrenalagency.ca

Use this information with the help of your dietitian.

Dietitian: ______________ Telephone: ______________

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