Eating well for healthy kidneys
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Presented by Renal Dietitian

Acknowledgement to Hilary Powlesland, Belinda Mason, Dr Riley O’Donohue and RBWH Chronic Kidney Team, Queensland Health
What will you get out of today?

- Salt & your kidney health
- Our salty food supply
- Easy ways to reduce your salt intake
- Label reading
- Value driven goal setting
- Resources & recipes
Sodium vs. Salt

SODIUM
Naturally occurring element used by the body

SALT
Sodium Chloride (NaCl)
If I reduce my salt intake my body won’t have enough

a) True
b) False

If the human body goes for a long period of time without salt, it will die.
Myth-Busting Quiz

But I suffer from muscle cramps, it’s a sign my body needs extra salt, right?

a) True
b) False
Which of the following foods can contain hidden salt?

a) McDonalds
b) Bread
c) Breakfast cereal
d) All of the above
Myth-Busting Quiz

What is the recommended daily intake of salt?

a) 1 tbsp 6,900 mg
b) ½ tbsp 3,450 mg
c) 1 tsp 2,300 mg
d) ½ tsp 1,150 mg
Myth-Busting Quiz

The average Australian consumes almost double the recommended intake of salt everyday

a) True
b) False
Myth-Busting Quiz

75% of salt in our diet comes from

a) Salt added at the table or to cooking

b) Salt already in the foods we buy
Himalayan salt is better for you than regular salt?

a) True

b) False
Salt substitutes are ok to use, if they contain no sodium

a) True
b) False
I don’t have high blood pressure, so I don’t need to reduce my salt intake

a) True

b) False
Myth-Busting Quiz

Food without added salt has no flavour

a) True
b) False
Why does it matter if you have a high salt diet?

Too much salt is harmful, and can further damage your kidneys!
A diet low in salt is recommended for kidney disease.

It is not too late, by making changes today, you can help prevent or slow further disease progression!
Salt in our food supply
Salt in our food supply
3 Tips for a low salt diet

1. Stop adding salt to your food at the dinner table, and use “salternatives”
2. Fresh is best
3. Read the food labels, and choose the lower sodium option
1. Stop adding salt to your food at the dinner table, or during cooking
Retrain your taste buds

- Salt is a learned taste preference
- The more you eat the more you crave, the less you eat, the less you crave.
- Your taste buds have an average lifespan of 10 days.
- Slowly reduce your salt intake over a few weeks to allow your taste buds to adjust!
- Banish the salt shaker from the table
- Taste your food before you season it
- Use *salternatives* to flavour your food…
What alternatives to salt, could you or do you already use to flavour your food or cooking?
Salternatives

• Freshly ground pepper, dry mustard powder
• Lemon juice, lime juice, vinegar, wine in cooking
• Garlic, curry, chilli, onion, fresh ginger, spring onions
• Fresh or dried herbs - basil, oregano, mint, rosemary, thyme, parsley, chives, sage, tarragon
• Spices - nutmeg, ginger, cinnamon, cumin, cardamom
2. Fresh is best
Salt in our food supply
KEEP CALM AND TAKE A BREAK
3. Read the food label, and choose the lower sodium option
# Reading the Nutrition Information Panel

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per package: 3</td>
</tr>
<tr>
<td>Servings size: 150g</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>608 kJ</td>
<td>405 kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>4.2 g</td>
<td>2.8 g</td>
</tr>
<tr>
<td>Fat, Total</td>
<td>7.4 g</td>
<td>4.9 g</td>
</tr>
<tr>
<td>- saturated</td>
<td>4.5 g</td>
<td>3.0 g</td>
</tr>
<tr>
<td>Carbohydrate, total</td>
<td>18.6 g</td>
<td>12.4 g</td>
</tr>
<tr>
<td>- sugars</td>
<td>18.6 g</td>
<td>12.4 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>90 mg</td>
<td>60 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>300 mg (38%)</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

* Percentage of recommended dietary intake

Ingredients: Whole milk, concentrated skim milk, sugar, strawberries (9%), gelatine, culture, thickener (1442)

This food contains 60mg sodium per 100g, making it a low salt food.

<table>
<thead>
<tr>
<th></th>
<th>Best</th>
<th>Okay</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>Less than 120mg</td>
<td>120 – 400mg</td>
<td>More than 400mg</td>
</tr>
</tbody>
</table>
Look out for hidden salt!

Check the ingredients list - if added salt is in the first three ingredients this food may not be the best choice.

Look for hidden salt in the ingredients list
These all contain sodium:
- Rock salt
- Sea salt
- Seasonings
- Onion, garlic, celery or chicken salt
- Meat or yeast extract
- Baking powder
- Monosodium glutamate (MSG)
- Anything containing the word sodium including sodium bicarbonate
Health Star Rating – Cheat guide

Some packaged foods also include the Health Star Rating on the front of the packet.

- The more stars, the healthier the choice when compared to a similar food.
- It is useful to compare the same food types, for example cheese against another type of cheese.
- It is not useful to compare different food types, for example cheese and cereal.

More information on food labels can be found at www.eatforhealth.gov.au/eating-well/how-understand-food-labels.

Remember, the Health Star rating only applies to packaged foods. Don’t forget fresh food (fruit, vegetables, nuts, lentils, fresh meat and fish) is usually the healthiest option!

This health star rating shows that this food contains 645mg sodium per 100g. A low salt product has less than 120mg of sodium. This is not a low salt product.
Salt Shockers

Your recommended intake of sodium is less than 2300mg per day

**PASTA SAUCE**
(1 serve = 90g)
Average sodium content per serve: **300mg (0.75g salt)**

**HAM**
(1 serve = 50g)
Average sodium content per serve: **790mg (1.98g salt)**

**DRESSING**
(1 serve = 20ml)
Average sodium content per serve: **144mg (0.36g salt)**
Your recommended intake of sodium is less than 2300mg per day

**Pizza**
(1 serve = 300g)
Average sodium content per serve: **1497mg (3.74g salt)**

**Soup**
(1 serve = 200g)
Average sodium content per serve: **560mg (1.4g salt)**

**Lasagne**
(1 serve = 400g)
Average sodium content per serve: **968mg (2.42g salt)**
Salt Shockers

1 cup Canned vs. 1 cup Fresh

660mg sodium vs. 20mg sodium

Your recommended intake of sodium is less than 2300mg per day
Salt Shockers

Your recommended intake of sodium is less than 2300mg per day

2 slices of bread + Butter + Ham + 2 slices of cheese = 1725mg

75% of your daily recommended intake of salt.
Salty Swaps

Swap these higher sodium foods: Processed meats - salami, ham, bacon, luncheon, corned beef, sausages

..... for ..... 

these lower sodium foods: Fresh meat, chicken, fish or eggs, Low sodium tinned fish
Salty Swaps

Swap these higher sodium foods

Salt - all types (including ‘Lo Salt’)
Soy, oyster and fish sauce
Worchester and tomato sauce

...... for ......

these lower sodium foods

Herbs and spices (fresh or dried)
Lemon or lime juice, black pepper
Fresh ginger, garlic or chilli
Salty Swaps

Swap these higher sodium foods...... for...... these lower sodium foods

Cheddar cheese, processed cheese slices

Plain cottage cheese, mozzarella, ricotta
Salty Swaps

Swap these higher sodium foods: Snacks - crackers, salty nuts, crisps, bhuja mix

..... for ..... 

these lower sodium foods: Plain rice wafers, corn thins, cabin bread, seeds, unsalted popcorn or nuts
Salty Swaps

Swap these higher sodium foods

Breakfast cereals - Rice bubbles, Cornflakes, Nutri-grain

..... for .....  

these lower sodium foods

Honey puffs, puffed wheat, wheat biscuits, porridge (rolled oats) without salt added
The Beach...
The only place where salt lowers your blood pressure.
Value Driven Goals
Why Value Driven Goals?

• Choosing your own goals gives you a better chance of success.
• Linking goals to your values makes them more meaningful.
What is a value?

- What you want your life to stand for?
- What you want to be remembered for?
- What is important in your life?
Examples of Values

• Family & Love
• Contribution & Community
• Health & Self Care
• Hard Work & Dedication
• Fun, Humour & Adventure
Linking salt reduction to values

Example:

“I value being a helpful member of the family”

Reduction in salt → improved blood pressure → reducing pressure on kidneys → better health → more able to help family
Make your goals SMART

If you decide to try and change your salt habits, make them SMART…

**S**pecific: What do you want to do?

**M**easurable: How will you know when you’ve reached it?

**A**chievable: Is it in your power to accomplish it?

**R**ealistic: Can you realistically achieve it?

**A**ctual: When exactly do you want to accomplish it?
SMART goals

Rather than:
❌ “I am not going to eat any high salt foods from now on”

Try:
✓ “Starting Monday, I will swap the ham on my sandwich at lunch to egg or tuna (in spring water) on all weekdays”.
✓ “When I next run out, I will buy a low-salt cheese block instead of the regular cheese”.
✓ “I will reduce my take-away to one night a month.”
✓ “I will remove the salt shaker from my dining room table, and stop adding it to my meals”.
✓ “I will add pepper and lemon to my tomato on crackers at morning tea, instead of salt”.

SMART goals
Plan for success

• What might make this difficult?
• And what things can I do to overcome these barriers?
• What supports might I need?
• Who could help me?
Set Backs

“"I had that salty curry, might as well give it all up”

• Set backs are a normal part of change – it doesn’t mean you have failed!!
• Revisit your goals – are they SMART?
• Revisit your plan and barriers – what is making it difficult?
• Revisit your values – remind yourself why you are doing this?
Reward yourself to celebrate your success

What are some reward ideas (non-food)?

✓ Buy a new plant
✓ Buy a magazine
✓ Visit the beach with friends
✓ Go to the movies or art gallery
✓ Go to a football game
Bringing it all together

Value: Family

Goal: Rather than…“I am never ever going to eat chips again”
✔ “Starting this Monday, I will eat unsalted popcorn for my afternoon tea instead of chips, except for Sundays.”

Plan: 
- Buy when doing groceries this weekend
- Ask my partner to do it with me
- Allow a fun-size packet treat on Sundays

Set back: When I don’t feel motivated → ask partner for support & remind myself unsalted popcorn puts less strain on kidneys → helps prevent decline in function → so I can continue enjoying family time

Reward: After a month I will buy a new plant
Resources & Recipes


Resources & Recipes

- ‘Easy Diet Diary’ – online food diary to keep tally of daily sodium intake in mg
  https://easydietdiary.com/

- ‘Low Sodium Foods’- online shop to purchase low salt foods
  http://lowsodiumfoods.com.au
Resources & Recipes

- Australian Heart Foundation
  https://www.heartfoundation.org.au/recipes
- Unpack the salt (Vic Health & Heart Foundation)
- American Heart Foundation
  https://recipes.heart.org/
- Jamie Oliver (and his more recent cooking shows)
  https://www.jamieoliver.com/galleries/low-salt-suppers/
Satisfaction Survey
THANK YOU!