



**Eating well
for healthy
kidneys**

Eating well for healthy kidneys

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

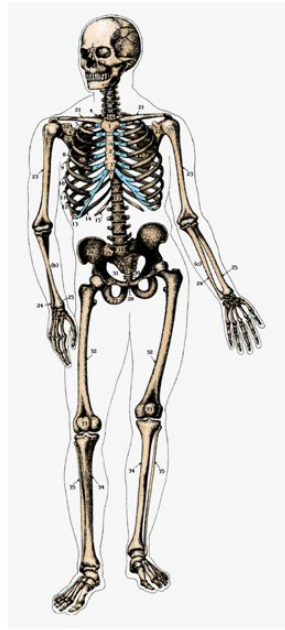
Sodium Chloride (NaCl)

Myth-Busting Quiz

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**



Myth-Busting Quiz

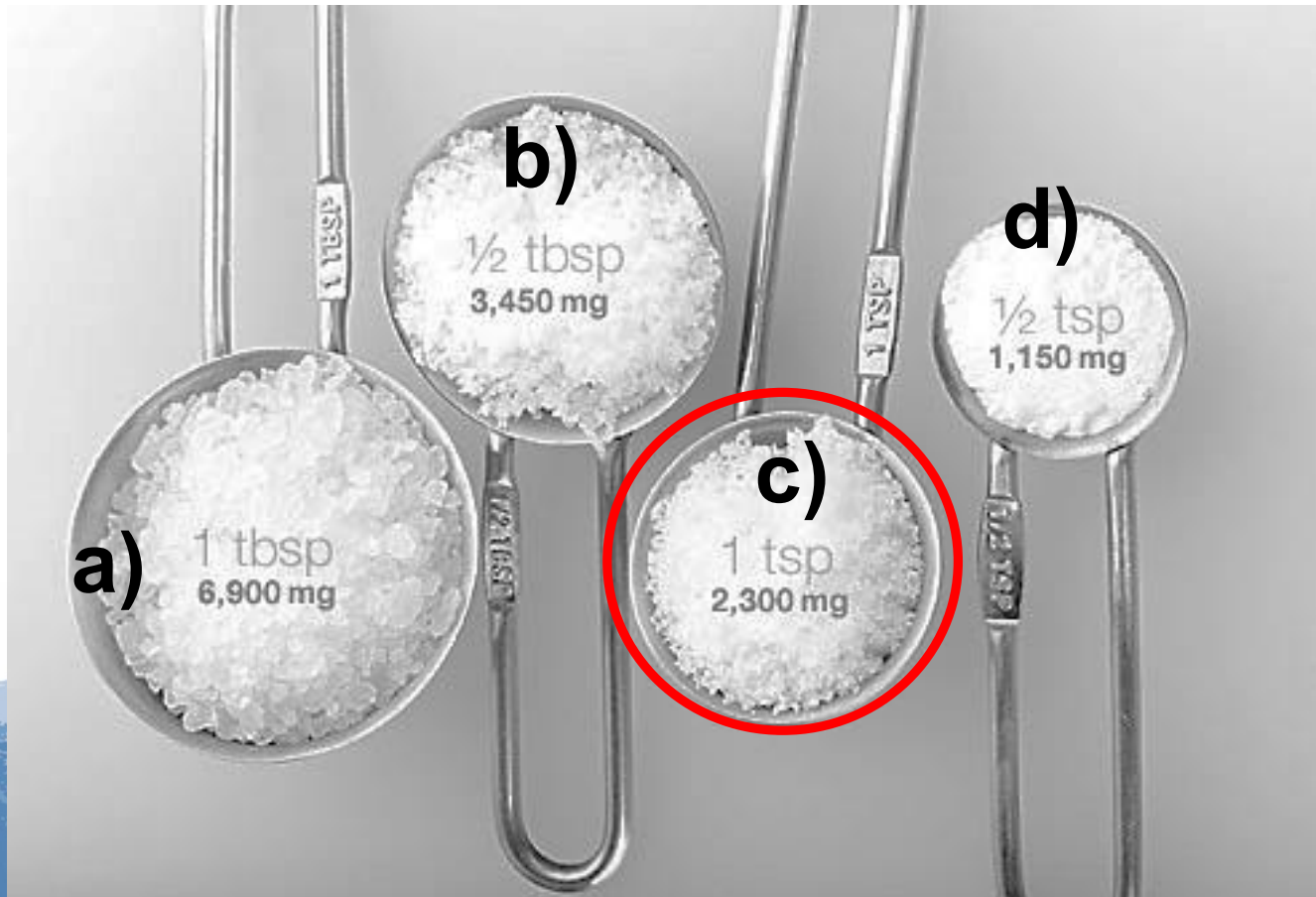
Which of the following foods can contain hidden salt?

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



Myth-Busting Quiz

What is the recommended daily intake of salt?



Myth-Busting Quiz

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

- a) True
- b) False

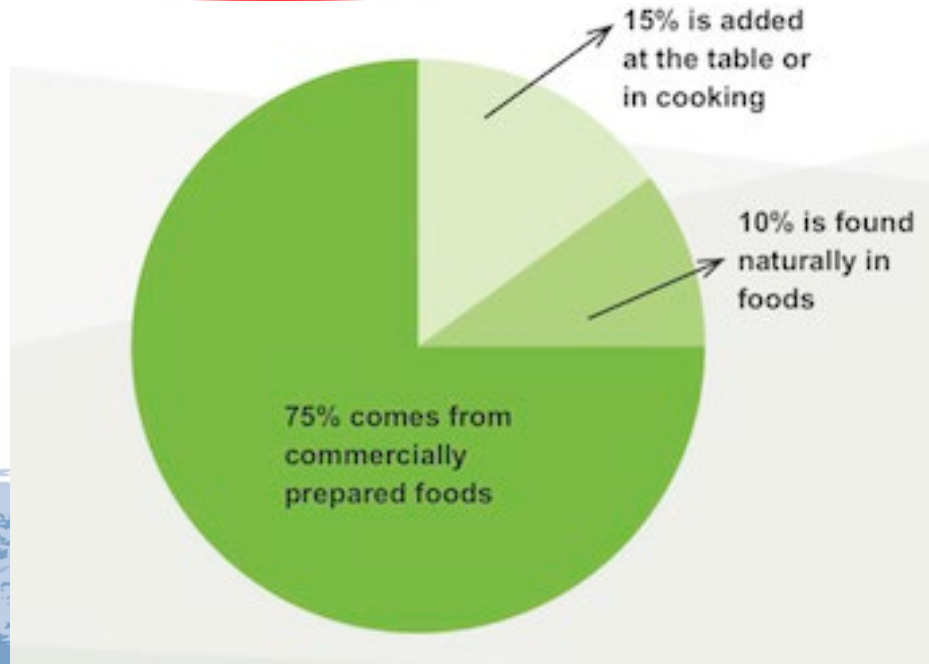


Myth-Busting Quiz

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



Myth-Busting Quiz

Himalayan salt is better for you than regular salt?

a) True

b) False



Myth-Busting Quiz

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

a) True

b) False



Myth-Busting Quiz

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

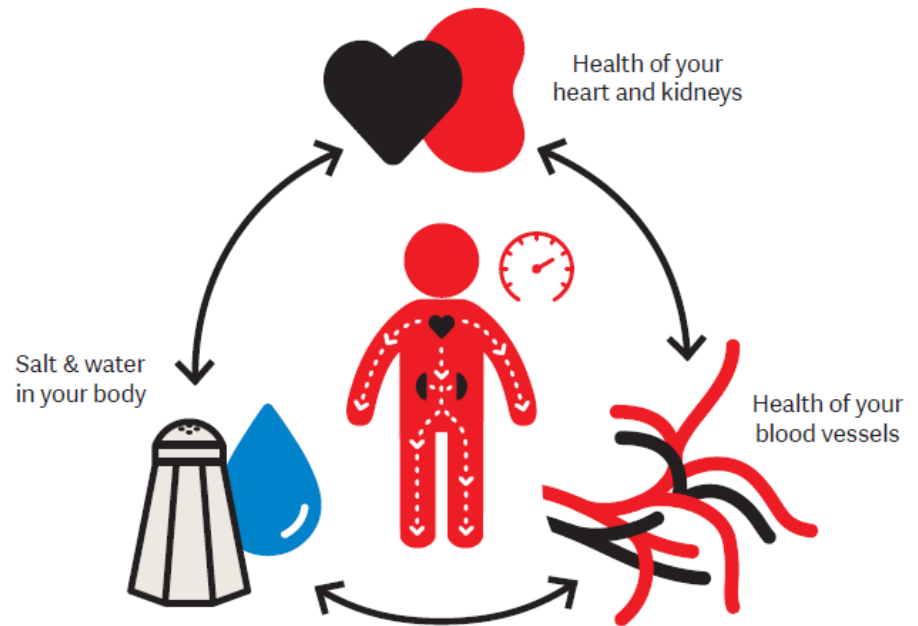
a) True

b) False

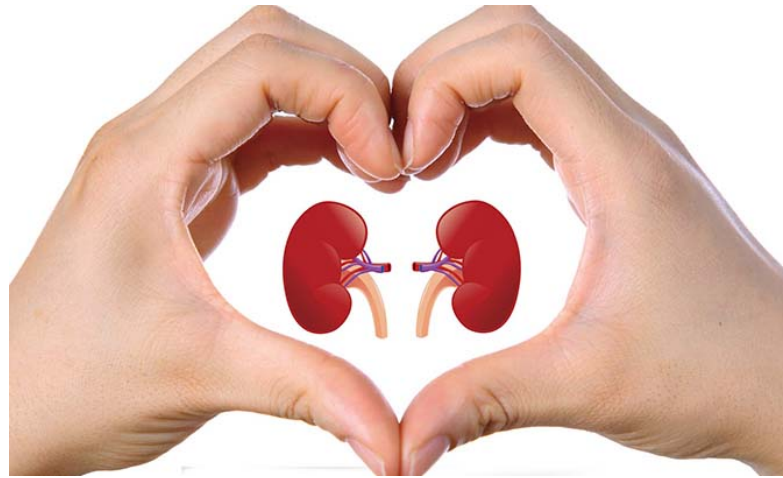


Why does it matter if you have a high salt diet?

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...



Salternatives

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

NUTRITION INFORMATION		
Servings per package: 3		
Servings size: 150g		
	Quantity per Serving	Quantity per 100g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, Total	7.4 g	4.9 g
- saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
- sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Calcium	300 mg (38%)	200 mg
* 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.

Best	Okay	Poor
Less than 120mg	120–400mg	More than 400mg

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

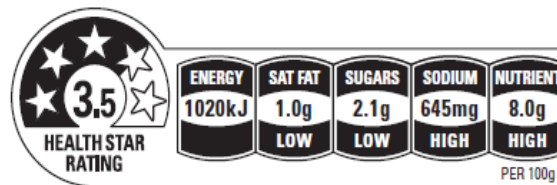


Some packaged foods also include the Health Star Rating on the front of the packet.

- 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



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

Salt Shockers



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)

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

Salt Shockers



**1 cup
Canned**

VS.

Fresh

1 cup



660mg sodium

vs.

20mg sodium

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

Salt Shockers



+



+



+



=

2 slices of bread

Butter

Ham

2 slices of cheese

= 1725mg

75%
of your daily
recommended intake of
salt.

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

Salty Swaps

Swap these higher sodium foods

..... for

these lower sodium foods



Processed meats - salami, ham, bacon,
luncheon, corned beef, sausages

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
Worcester 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

..... for

these lower sodium foods



Snacks - crackers, salty nuts, crisps,
bhuja mix

Plain rice wafers, corn thins, cabin bread,
seeds, unsalted popcorn or nuts

Salty Swaps

Swap these higher sodium foods

..... for

these lower sodium foods



Breakfast cereals - Rice bubbles,
Cornflakes, Nutri-grain

Honey puffs, puffed wheat, wheat biscuits,
porridge (rolled oats) without salt added

The Beach...
The only place where salt lowers your
blood pressure.

OPX Living 



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...





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”.

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:

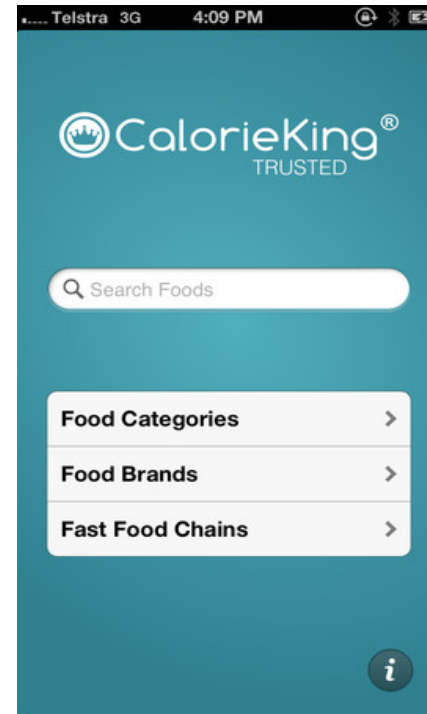
- Buy when doing groceries this weekend
- Ask my partner to do it with me
- Allow a fun-size packet treat on Sundays

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

- **'Calorie King Australia'** – to look up sodium in foods
<http://www.calorieking.com.au/>
(can also buy pocket book)
- **'Salt Switch'** – smart phone app to scan barcodes and direct to a lower sodium option
<http://www.foodswitch.com.au>



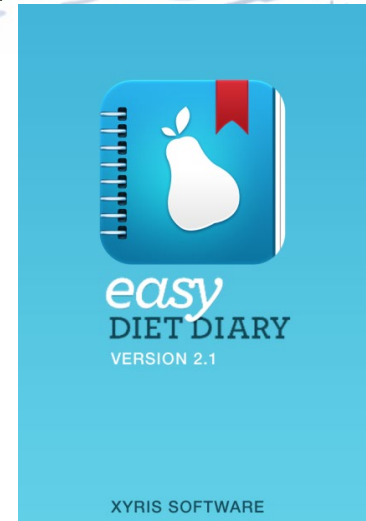
Resources & Recipes

- **‘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>



LOW SODIUM FOODS
The Low Salt Food Specialists

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CONDIMENTS & SAUCES

Sort by [Alphabetically, A-Z](#)



Chilli Harvest - Chilli
Pickles 260gm

\$8⁶⁰



Chilli Harvest -
Crocodile Bite Habanero
Sauce 150gm

\$8⁶⁰



Chilli Harvest - Gourmet
Thai Sweet Chilli Sauce
- 250ml

\$8⁶⁰



Chilli Harvest - Kick
Start Chilli Sauce

\$8⁶⁰



Chilli Harvest - Mango
Chutney Mild - 280gms

\$8⁶⁰

Resources & Recipes

- Australian Heart Foundation

<https://www.heartfoundation.org.au/recipes>

- Unpack the salt (Vic Health & Heart Foundation)

<https://unpackthesalt.com.au/recipes/#recipes>

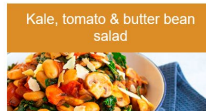
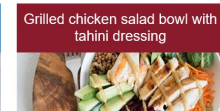
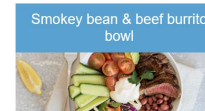
- American Heart Foundation

<https://recipes.heart.org/>

- Jamie Oliver (and his more recent cooking shows)

<https://www.jamieoliver.com/galleries/low-salt-suppers/>

RECIPES





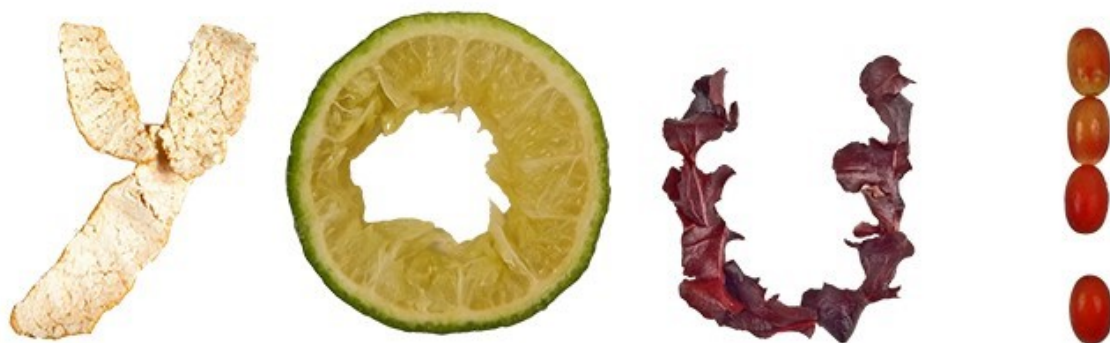
Satisfaction Survey



THANK

The word 'THANK' is spelled out using fresh produce. The 'T' is a green asparagus spear. The 'H' is made of several small broccoli florets. The 'A' is a red bell pepper cut into a triangular shape. The 'N' is made of fresh green cilantro leaves. The 'K' is made of several lemon wedges.

YOU

The word 'YOU' is spelled out using fresh produce. The 'Y' is made of three pieces of fried, golden-brown tofu or tempeh. The 'O' is a single slice of a lime, showing the green rind and yellow-green pulp. The 'U' is made of several pieces of dark red, curly leafy greens like radicchio. The exclamation point is made of four small, round cherry tomatoes arranged vertically.