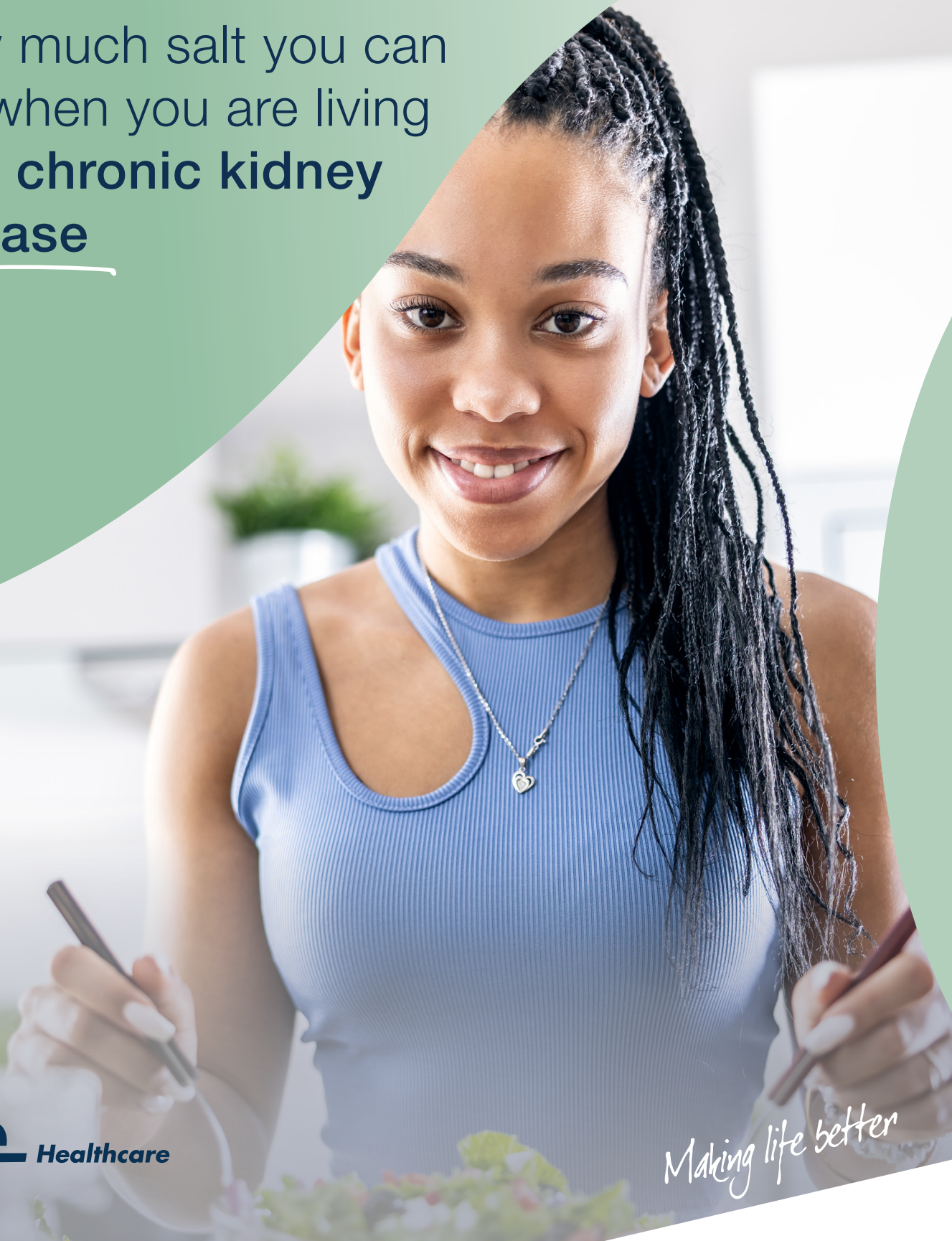


How much salt you can eat when you are living with **chronic kidney disease**



Dietary sodium intake

What is sodium?

Sodium (salt) is a mineral found in many foods. It plays an important role in muscle and nerve function and in regulating the fluid in your body. A high sodium level in our blood is called hypernatraemia, whereas a low sodium level is called hyponatraemia.



Why should we limit our salt intake in chronic kidney disease?

Consuming too much salt can increase our thirst, worsen fluid overload and result in hypertension (high blood pressure). High blood pressure can damage your kidneys, heart and eyes. Therefore, it is recommended to limit your salt intake.

Guidelines on how to limit your salt intake



Do not add salt to your food when cooking and avoid having salt on the table. Rather add other flavourings that do not contain salt to your food e.g. lemon juice, ginger, pepper, garlic, peppers, curry, rosemary, basil, chilli, Italian seasoning etc.



Avoid any flavourings containing salt e.g. Aromat™, onion salt, garlic salt, vegetable salt, stock cubes, gravies, commercial soups and sauces, meat tenderisers, barbeque and chicken spices.



Avoid salt replacements containing potassium.



Look at your food labels and limit food containing the following ingredients: salt, sodium and monosodium glutamate (MSG).



Prepare healthy kidney-friendly meals at home and avoid takeaways, as they are high in salt, phosphate and fat.













Limit your intake of ready-made meals as these typically contain a lot of salt and phosphate.



Limit your intake of canned items as they can be high in salt. Rinse your tinned food items before eating to reduce some of the salt.

The following table outlines foods recommended because of the low salt content as well as foods that should be avoided as they are high in salt:

Recommended		Avoid	
	Fresh / frozen (unprocessed) chicken, meat or fish, lean mince, ostrich or venison		Processed meats e.g. vienna sausages, cold meats and hamburger patties
	Fresh / frozen (unprocessed) ingredients e.g. meat, fish and vegetables		Canned meat, fish and vegetables
	Spreads low in salt e.g. jam, syrup and low-fat cottage cheese		Spreads high in salt e.g. Bovril™, Marmite™, vegetable- and meat extracts, cheese- or meat spread, fish paste, liver spread, paté
	Snacks low in salt e.g. unsalted popcorn, Provitas™ or whole-wheat crackers		Salty snacks e.g. chips, biscuits, biltong, droëwors / dry sausage, salted nuts, salted popcorn, olives, pickles
	Cheddar, gouda, mozzarella, ricotta, and brie (small amounts as it is high in phosphate)		Cheese with high salt content e.g. parmesan, feta, blue mould cheese and roquefort

References

1. South African renal dietary exchange lists
2. <https://journals.co.za/doi/pdf/10.10520/EJC64904>
3. RenalSmart, Nutritional Information System, 2016
4. Nutrition Diagnoses-Related Care. 8th edition. Sylvia Escott-Stump

Contact details

Life Renal Dialysis footprint

LIFE RENAL DIALYSIS WESTRAND

Mayo Clinic, 8 Ground Floor, cnr William Nicol and Joseph Lister, Flora Cliff, Roodepoort, 1703
Telephone number: 011 475 2630

LIFE RENAL DIALYSIS WITS (DONALD GORDON)

17 Eton road, Parktown, Johannesburg, 2193
Telephone number: 011 726 3548 / 011 356 6555

MPUMALANGA

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LIFE COSMOS HOSPITAL

Cnr OR Tambo and Beatty Ave, eMhlahleni, 1034
Telephone number: 013 653 8190

LIFE MIDMED HOSPITAL

4 Crocker street, Middelburg, 1055
Telephone number: 013 243 1171

Standalone Facilities

LIFE RENAL DIALYSIS EMALAHLENI (WITBANK)

2nd Floor, Room 202, Emalahleni Private Hospital, 39 Mandela street, Witbank, 1034
Telephone number: 013 656 2676

NORTH WEST

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LIFE ANNCRON HOSPITAL

Klerksdorp
16 Van Rynefeld street, Willkoppies, Klerksdorp, 2571
Telephone number: 010 056 3510

Satellite renal units

Viljoenskroon
20 Engelbrecht street, Viljoenskroon, 9520

Hartswater
Hartsdok Sentrum, 28 Hertzog street, Hartswater, 8570

Lichtenburg
Shop no 2 Spar Komplex, Beyers Naudé street, Burgersdorp, 2740
Telephone number: 087 352 9010

LIFE PEGLERAE HOSPITAL

Cnr Kerk and Heystek street, Rustenburg, 0299
Telephone number: 014 101 0142

Standalone Facilities

LIFE RENAL DIALYSIS BRITS

Cnr of Pienaar en De Wits straat, Hans Marie Trust Building, Brits
Telephone number: 061 879 8779 / 012 252 7580

LIFE RENAL DIALYSIS POTCHEFSTROOM

Mooimed Private Hospital, 1 Chief Albert Luthuli street, Potchefstroom, 2531
Telephone number: 018 293 0912 / 081 100 8131

WESTERN CAPE

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23 Wilderness road, Claremont 7700
Telephone number: 021 670 4279 / 021 670 4274

LIFE KNYSNA PRIVATE HOSPITAL

Hunters Estate drive, Knysna 6570
Telephone number: 044 302 5238

LIFE VINCENT PALLOTTI HOSPITAL

Alexandra road, Pinelands, Cape Town 7405
Telephone number: 021 506 5350

Standalone Facilities

LIFE RENAL DIALYSIS ATHLONE

Rawoot Square, cnr Klipfontein and Carnie Roads, Entrance Murton Rd, Athlone, 7764
Telephone number: 021 637 9537 / 3867

LIFE RENAL DIALYSIS CLAREMONT

14 Wilderness road, Claremont, Cape Town, 7708
Telephone number: 021 683 7119

LIFE RENAL DIALYSIS DURBANVILLE

Unit 3, Anneks, 11 Paul Kruger street, Durbanville, 7550
Telephone number: 021 975 5765

LIFE RENAL DIALYSIS GEORGE

3 Cross street, Dormehlsdrift, George 6529
Telephone number: 044 050 0002

LIFE RENAL DIALYSIS HERMANUS

Hermanus Medical Centre, First Floor, Suite 13, Ravenscroft street, Hermanus, 7200
Telephone number: 028 312 4085

LIFE RENAL DIALYSIS PANORAMA

1st Floor, Panorama Healthcare Centre, cnr Rothchild and 55 Hennie Winterbach streets, Panorama, 7500
Telephone number: 021 612 0239

LIFE RENAL DIALYSIS PARKLANDS

6 Emporium Centre, cnr Braselton and Sandown roads Parklands, 7441
Telephone number: 021 770 0024

RED CROSS KIDNEY AND DIALYSIS CENTRE

E Floor, Room E1, Red Cross Childrens Hospital, cnr Klipfontein and Milner roads, Rondebosch, 7925
Telephone number: 021 658 5896

LIFE RENAL DIALYSIS WINELANDS

Unit 3E, F Arun Place, Sir Lowry's Pass road, Longdown, Somerset West, 7130
Telephone number: 021 851 0941 / 0943

LIFE RENAL DIALYSIS WORCESTER

25 Riebeeck street, Worcester, 6850
Telephone number: 021 770 1020

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32 Albany street, East London, 5201
Telephone number: 043 702 3800 / 01

LIFE MERCANTILE HOSPITAL

Cnr Kempston and Durban roads, Korsten, Port Elizabeth 6020
Telephone number: 041 404 0577

Contact details

Life Renal Dialysis footprint

LIFE ST GEORGE'S HOSPITAL

40 Park Dr, Central, Port Elizabeth, 6001
Telephone number: 041 392 6318 / 014 392 6320

LIFE QUEENSTOWN PRIVATE HOSPITAL

Cnr Ebden and Griffiths St, Queenstown, 5319
Telephone number: 045 808 4537

Standalone Facilities

LIFE RENAL DIALYSIS JEFFREYS BAY

8688 Hanekam road, Fountains Estate, Policlinc,
Jeffreys Bay, 6330
Telephone number: 087 161 9544 / 042 293 0440 /
082 551 4794

LIFE RENAL DIALYSIS KOKSTAD

94 Hope street, Kokstad, 4700
Telephone number: 039 727 2555

LIFE RENAL DIALYSIS PORT ELIZABETH

77 2nd Avenue, Newton Park, Port Elizabeth, 6045
Telephone number: 041 363 0807

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57 Gustav Crescent, Fichardt Park, Bloemfontein 9301
Telephone number: 051 505 5533

Standalone Facilities

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141a Zastron street, Bloemfontein, 9301
Telephone number: 051 430 2742

LIFE RENAL DIALYSIS SASOLBURG

18 NJ Van der Merwe street, Sasolburg, 1947
Telephone number: 087 997 1588

KWAZULU-NATAL

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LIFE CHATSMED GARDEN HOSPITAL

80 Woodhurst drive, Woodhurst, Chatsworth 409
Telephone number: 031 459 8132

LIFE EMPANGENI PRIVATE HOSPITAL

Unit 10-11 Hamlin House, 10 cnr Biyela and Ukula street,
Empangeni, 3880
Telephone number: 035 772 4210

LIFE ENTABENI HOSPITAL

82 Mazisi Kunene road, Glenwood, 4001
Telephone number: 031 204 1423 / 1543

LIFE HILTON PRIVATE HOSPITAL

Cnr Hilton Avenue and Monzali drive, Hilton
Telephone number: 033 329 5678

LIFE MOUNT EDGEcombe HOSPITAL

163 – 179 Redberry road, Rockford, 4068
Telephone number: 031 537 4227 / 4231

LIFE WESTVILLE HOSPITAL

7 Harry Gwala road, Westville, 3630
Telephone number: 031 265 5781

Standalone Facilities

LIFE RENAL DIALYSIS BALLITO

16 Douglas Crowe drive, 1st Floor,
Revive Medical Centre, Ballito
Telephone number: 010 824 9224 / 087 161 6122

LIFE RENAL DIALYSIS CHATSWORTH

65 Gemini Crescent Woodhurst Chatsworth 4092
Telephone number: 031 402 0564

LIFE RENAL DIALYSIS DURBAN

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LIFE RENAL DIALYSIS ETHEKWINI

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Riverhorse Business Estate, Ethekwini
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LIFE RENAL DIALYSIS HIBISCUS (PORT SHEPSTONE)

16 Bazley street Port Shepstone, 4240
Telephone number: 087 161 9511 / 039 682 7685

LIFE RENAL DIALYSIS NEWCASTLE

73 Bird street, Newcastle, 2940
Telephone number: 034 312 8036

LIFE RENAL DIALYSIS RICHARDS BAY

6 Krugerrand road Suite 1 The Bay Hospital
Richardsbay 3900
Telephone number: 035 789 3957 / 3731

LIFE RENAL DIALYSIS UMHLANGA

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Centenary, Umhlanga, New town
Telephone number: 084 318 2736

LIFE RENAL DIALYSIS VRYHEID

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