

# Reducing your salt intake: information for children and young people

There are two main reasons you may be advised to reduce your salt intake. Salt may make your body retain water which can lead to high blood pressure or salt can make you thirsty which can make it harder to stick to a fluid allowance. This information sheet from Great Ormond Street Hospital (GOSH) tells you about the small changes you can make to your diet to help manage your salt levels.

- A lower salt diet is healthier for the whole family. Your dietitian will explain why this diet may help.
- Remember – it takes time for your taste buds to adjust to having less salt.

## Reading food labels

- Following the recommendations provided in this information sheet is usually enough to reduce your salt intake. There is no need to count the grams of salt eaten per day.
- Food labels can indicate which processed foods contain a high amount of salt but it will also depend on the size of the portion and how often it is eaten.
- Colour coded food labels may be useful

**High (red) is more than 1.5g salt per 100g**

**Medium (orange) is between 0.3g - 1.5g per 100g**

**Low (green) is 0.3g salt or less per 100g**

- Try to avoid high salt processed foods (colour coded red). Choose items colour coded green (low) most of the time. Food

items colour coded amber (medium) can be included in moderation.

## How to eat less salt

- Cook without salt or stock cubes.
- You can add flavour to your meals without salt by marinating meat and fish with olive oil, fresh, frozen or dried herbs, black pepper, garlic, ginger, onions, chilli, lemon/lime juice, cumin, paprika and other spices.
- Avoid ready-made marinades and seasoning mixes.
- Try to get out of the habit of automatically adding salt during cooking.
- Do not add salt to your food at the table - this includes sea salt, rock salt, Himalayan pink salt, garlic salt, kosher salt, natural salt and table salt.
- Remember that sauces such as ketchup, brown sauce, soy sauce and oyster sauce are also very high in salt and should be



limited to a maximum of 2 teaspoons per day.

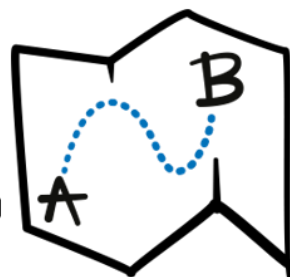
- Pepper, vinegar, garlic, lemon, herbs and spices, apple or cranberry sauces can be used to add flavour instead of salt.

**Warning:** Do not use salt substitutes such as LoSalt™, Saxa So-Low™, Morton Lite Salt™, Tesco Reduced Sodium Salt as they are not

suitable for people with kidney problems (and may increase potassium levels).

A paediatric dietitian will be able to give more guidance on managing your salt intake. This diet sheet may not be suitable for all children with kidney disease. Please refer to a paediatric dietitian to discuss your particular needs.

Food	Choose (lower salt)	Avoid (high salt)
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All fresh and frozen vegetables</li> <li>• Legumes (lentils, chickpeas, soybeans, kidney beans and canned bean mix)</li> <li>• Canned vegetables labelled 'no added salt'</li> </ul> <p><u>Snack Idea:</u> Vegetable sticks such as carrot, cucumber or celery served with dips (such as 1 tablespoon tzatziki or salsa)</p>	<ul style="list-style-type: none"> <li>• Pickled and canned vegetables.</li> <li>• Olives and pickles</li> <li>• Marinated vegetables (sundried tomatoes)</li> <li>• Baked beans</li> <li>• Vegetable juices</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fresh, dried and tinned fruit</li> <li>• Fruit juice</li> </ul>	
<b>Meat, fish, chicken and eggs</b>	<ul style="list-style-type: none"> <li>• Fresh, unprocessed meat (lamb, beef, veal, pork), chicken, turkey, fish and seafood</li> <li>• Eggs</li> <li>• Tinned seafood labelled 'no added salt' such as tuna/sardines/salmon in spring water</li> </ul>	<ul style="list-style-type: none"> <li>• Processed meats: such as bacon, sausages, hot dogs, frankfurters, ham, corned beef, beef burgers, salami, meat pies, sausage rolls</li> <li>• Smoked fish, fish pate or paste: including smoked salmon, mackerel and anchovies</li> </ul>
<b>Milk, yoghurt and cheese</b>	<ul style="list-style-type: none"> <li>• Milk – all types</li> <li>• Yoghurt</li> <li>• Custard, dairy desserts, ice-cream</li> <li>• Ricotta, cottage cheese, fresh mozzarella, mascarpone</li> </ul>	<ul style="list-style-type: none"> <li>• Hard cheeses (cheddar, red Leicester, gouda), brie, camembert, feta and smoked / processed cheese such as cheese slices, Laughing Cow™ and Dairylea™</li> </ul>
<b>Fats, oils and condiments</b>	<ul style="list-style-type: none"> <li>• Unsalted Butter</li> <li>• Oils</li> <li>• Vinegars</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Margarine</li> <li>• Peanut butter</li> </ul>
<b>Snacks and sauces</b>	<ul style="list-style-type: none"> <li>• Crisps and snacks: No Added Salt Kettle Crisps™, Walker's Salt &amp; Shake™ crisps (take out salt sachet), Tyrrells Naked - No Salt™ crisps</li> <li>• Unsalted nuts, sesame seeds, sunflower seed. <b>Please note whole nuts should not be given to children under 5 years of age because of risk of choking.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Crisps</li> <li>• Salted nuts</li> <li>• Mini cheddars</li> <li>• Packaged or ready meals and dried pot meals: especially if they contain bacon, ham or cheese</li> <li>• Takeaway foods – especially Chinese, Indian, fried chicken, burgers and salted chips</li> </ul>



	<ul style="list-style-type: none"> <li>• Unsalted sweetcorn or popping corn to make homemade popcorn – flavour with unsalted butter, oil, syrup or sugar</li> <li>• Snack bars such as Special K™ Cereal Bar, Go Ahead™ Fruit &amp; Oat Bakes, Kellogg's Nutri-Grain™ Breakfast Bakes, Soreen Lunchbox™ loaves – do not eat these in excess as they do contain a small amount of salt</li> <li>• Sweets and chocolate – most are low in salt except salted caramel flavour</li> <li>• Cakes and biscuits – check food labels</li> <li>• Pitta bread, chapatti, corn cakes, rice cakes or Matzos™. You can add unsalted butter, jam, lemon curd, honey, syrup or biscuit spread</li> <li>• Unsalted fresh, oven and microwave chips (check labels for salt) - flavour with vinegar or up to 2 teaspoons tomato ketchup or mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy and sauces: including ketchup, soy, brown, barbecue, mayonnaise, salad cream, pickles, mustard, curry paste, pesto</li> <li>• Yeast extracts (Marmite™, Bovril™ and Vegemite™).</li> </ul>
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## Further information and support

- The infoKID website offer information on kidney diseases and their treatments – [www.infoKID.org.uk](http://www.infoKID.org.uk)
- The kidskidneydiet app is an interactive educational app for children and families. It is available for Apple devices – visit the Apple Store for details. Note: No version for Android devices is currently available.

We advise all children with Chronic Kidney Disease to avoid Star Fruit.

Please note: This information sheet should only be used under the supervision of a medical professional and may not be suitable for every child. Although every care is taken when compiling this information sheet, manufacturers may alter ingredients of foods and drinks without warning. You should always check the ingredients label. This information sheet may include brand names but in many cases, alternatives (including supermarket own brands) may be suitable. Including specific products in this information sheet does not mean we are recommending them.

