

Kidney Kitchen

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The Truth About Salt

Salt is also called sodium chloride. Sodium is a mineral found naturally in our bodies and is important in controlling fluid and blood pressure. It is also found naturally in a variety of foods but we get most from convenience meals, canned and packet foods.

Advantages of low salt diet	Disadvantages of high salt diet
Less thirsty – easy to stick to fluid restriction	Fluid retention
Less fluid retention	Ankle swelling
Well controlled blood pressure	Breathlessness
Reduced risk of heart disease and stroke	Increased blood pressure

How much salt do I need?

Adults should aim for **less than 6g salt per day**. That is about one teaspoon, but remember $\frac{3}{4}$ of this is already hidden in manufactured food.

Avoid Salt Substitutes

Salt substitutes such as Lo Salt, Also Salt, Ruthmol, Selora are high in potassium and may still contain some sodium therefore these are not recommended.

News Flash !

By December 2014 all food labels will only list salt; sodium will not be listed



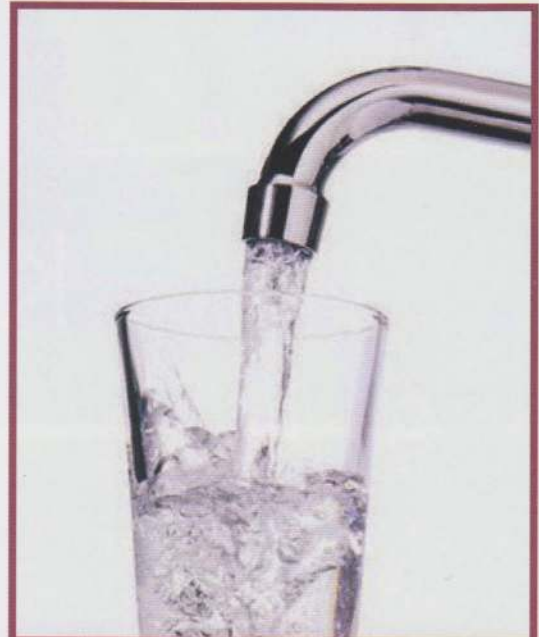
Top tips to reduce salt intake

- Avoid adding salt at the table
- Reduce salt in cooking and try new flavourings (see page 3)
- Prepare meals from fresh ingredients where possible
- Look for lower salt varieties of stock cubes and gravy mix

g/100g	Salt	Sodium
Low level	0.3g or less	0.1g or less
Medium level	0.3 -1 .5g	0.1 – 0.6g
High level	More than 1.5g	More than 0.6g

Patient tip

For a quick and delicious pudding, take some stewed or tinned fruit, crumble some rich shortbread on top. Heat through in microwave or oven and serve with a dollop of cream or ice cream



Fluid Facts

As a kidney patient it is very important to balance your fluid intake and output.

Know your fluid allowance
- ask the doctor.

Remember to count...

Foods with a high liquid content e.g.

- Gravy
- Sauces
- Custard
- Ice cream
- Ice cubes
- Soup
- Jelly

Quiz Corner

- 1) How many grams of salt are you allowed per day?
- 2) **True or False?** Sea salt, garlic salt, rock salt and chilli salt are better than table salt?

Answers on page 4.

Salt and eating out

You should still enjoy eating out occasionally. The following table will help you to make better choices:

Foods high in salt	Better choices
Meats, chicken & fish with sauce & gravy	Plain, grilled, roast or poached meat, chicken & fish
Burgers, sausages, salami, pepperoni, bacon, gammon	Plain cuts of meat e.g. steak, chops, loin
Pizza or pasta dishes with pepperoni, bacon, cheese, anchovies, prawns and olives	Pizza & pasta dishes with vegetables / chicken. Tomato / cheese based sauces without extra cheese
Sandwiches e.g. ham and cheese, cheese and pickle, BLT.	Sandwiches made with home roasted meat or chicken, egg, salad or poached salmon. Tinned fish in spring water or oil.
Pilau rice and fried rice	Plain boiled rice
Salad with dressing	Ask for the dressing on the side
Cheese and biscuits	Fruit pie or crumble with cream or ice cream

Flavouring ideas

Food	Suggested flavourings
Basil	Chop and sprinkle on salads. Add to tomato based dishes*. Add to stews and casseroles
Bay Leaf	Use in stocks and stews (remove and serving)
Chives	Add to cooked potatoes, salads, fish and chicken
Cloves	Use with onions to flavour white sauce
Cummin	Excellent with chicken, fish and beef for a lemony taste
Garlic	Use fresh cloves or salt free garlic puree
Lemon Juice	Add to fish or chicken dishes
Mint	Use when cooking potatoes or peas, or make mint sauce to serve with lamb
Oregano	Add to casseroles of chicken, red meat and fish
Parsley	Chop and mix with margarine/butter and lemon juice as a garnish for fish or steak
Peppercorns	Crush or grind over meat before cooking
Rosemary	Add to lamb before roasting
Spices	Chilli, paprika, ginger, cayenne pepper, curry powder can be used with many types of foods
Tarragon	Use with chicken, fish or salads
Thyme	Add to casseroles of chicken, beef or minced meat

Recipe Corner

Chicken Risotto (serves 2)

Ingredients:

1 Chicken breast

1 Onion

1 Clove of garlic

1 Red Pepper

Method:

Add oil to pan and fry garlic onion and pepper until soft.

Add chicken to pan and cook for further 10-15 mins.

Add 1 small cup of basmati rice and stir well.

Add 2 cups of chicken stock, 1 heaped teaspoon

of grainy mustard, stir and bring to boil.

Cover pan and simmer until rice is cooked (takes 10-15 mins).

You may need to add more water if the rice begins to stick to the pan.

Serve immediately.

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1. less than 6g salt per day.
2. False - as they all contain salt

Quiz answers