

What you need to know about:

Sodium



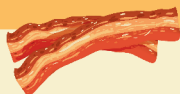
- Sodium is an essential mineral that helps regulate blood pressure, fluid balance, and nerve function.
- Excess sodium intake can lead to high blood pressure, fluid retention, and worsening heart or kidney disease.
- Sodium is consumed in the diet, and the kidneys normally eliminate excess. When this balance is disrupted, sodium-sensitive conditions such as hypertension and heart failure may worsen.



- Chronic Kidney Disease and Heart Failure are risk factors for sodium retention.
- Processed foods, restaurant meals, and seasoning salts are the primary sources of hidden sodium.
- Excess sodium intake may be asymptomatic, but can reduce the effectiveness of diuretics, contribute to kidney stone formation, and worsen fluid overload in susceptible individuals.



- Low sodium diet target is <2,000 mg/day; learning how to read food labels is essential.
- Focus on fresh, unprocessed foods, and limit portion sizes of packaged or restaurant items.
- Choose “low sodium” or “no salt added” products when available.
- In some cases, fluid restrictions or diuretic adjustments may also be part of the treatment plan.



*Naturenal products are low in sodium unless noted



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Eating Guide

Avoid high sodium foods like:

Bacon, deli meats, sausage, sardines	Chips, pretzels, movie popcorn	Packaged rice, pasta mixes
Canned soup, chili, bouillon	Frozen meals and side dishes	Ketchup, BBQ sauce, relish
Pickles, sauerkraut, olives, artichokes	Prepared biscuits, pizza dough	Salad dressing, processed cheese
Jarred sauces, gravy mixes, vegetable juices	Ramen noodles, soy sauce, teriyaki sauce	Breaded meats, injected poultry

Lower sodium alternatives:

Instead ofChoose This

Bacon or sausage.....Fresh cooked chicken or turkey

Deli meats.....Home-roasted lean meats

Canned soup.....Homemade soup with no added salt

Salted nuts.....Unsalted

Pickles or olives.....Cucumber slices or celery sticks

Processed cheese.....Low-sodium Swiss or fresh mozzarella

Soy sauce.....Reduced-sodium soy or coconut aminos

Tomato or vegetable juice.....Lemon or cucumber water

Salted crackers.....Unsalted rice cakes or crackers

Store-bought dressing.....Olive oil, vinegar, lemon juice

Frozen meals.....Cooked leftovers with no added salt

Snack chips.....Air-popped popcorn or veggie sticks

Eating Out...

- Request “no added salt” when ordering entrées.
- Choose grilled, baked, or steamed items.
- Skip sauces/gravies unless labeled low sodium.
- Salads: ask for oil & vinegar instead of dressings.
- Avoid soups and deli sandwiches.
- Check for nutrition info on restaurant’s website.
- Portion control helps—split entrees, box half to go.



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