



# **Empowering healthy lifestyle choices in chronic kidney disease.**

Reference tables to help you find hidden salt

## How do I use this Guide?

Look in the tables provided and find out how much salt (sodium) is hidden in the foods that you eat. It is arranged by meals and in food groups to help you find foods easily. We have used the traffic light system to give you an idea if something is low (**green**), medium (**amber**) or high (**red**) in salt. Choosing foods with more green and amber than reds, will help you to make healthier choices. We have also included a percentage of the recommended guideline daily amount (GDA) each portion contains. The GDA for salt is less than 6g per day.

Please remember this is a guide and the salt (sodium) content will vary between brands. Checking food labels for salt or sodium content is the most accurate way of knowing how much is in the food that you eat.

Food analysis information, along with food labels and average portion sizes of foods have been used to produce this guide. Obviously some individuals will eat larger portions, while others will have smaller quantities, so you will need to account for this.

At the back of the booklet is an example meal plan, so you can see how making small changes can have a big impact on your daily salt intake. There is also a salt calculator which enables you to record your daily food intake and by using the guide, will enable you to estimate the amount of salt you have eaten.

## Breakfast

Breakfast Cereals	Weight (g)	Salt (g)	Sodium (mg)	% of GDA
All-Bran	40	0.85	340	14
Bran Flakes	30	0.60	240	10
Cheerios	30	0.37	150	6
Clusters	30	0.37	150	6
Coco Pops	30	0.34	135	6
Corn Flakes	30	0.39	158	7
Crunchy Nut Corn Flakes	30	0.45	180	8
Frosties	30	0.45	180	8
Fruit 'n Fibre	30	0.45	180	8
Grapenuts	45	0.92	367	11
Muesli	60	0.57	228	10
Muesli, with no added sugar & salt	60	0.06	24	1
Nutri-Grain	37	0.28	111	5
Oat Bran Flakes, with raisins	35	0.52	210	9
Porridge	50	0	0	0
Puffed Wheat	20		<1	<1
Ready Brek	30	0.01	4	<1
Rice Krispies	30	0.49	195	8
Ricicles	30	0.34	135	6
Shredded Wheat (2)	45	0.01	4	<1
Shreddies	45	0.62	248	10
Special K	30	0.6	240	10
Sugar Puffs	30	0.01	3	<1
Sultana Bran	30	0.45	180	8
Weetabix (2)	40	0.27	108	5
Weetos	30	0.22	90	4
<b>Other Breakfast Items</b>				
Back bacon (2 rashers)	50	2.35	940	39
Baked beans – reduced salt (small tin)	200	1	400	17
Baked beans (small tin)	200	1.5	600	25
Egg (1)	50	0.19	75	3
Jam / marmalade	15	0.02	8	<1
Kipper fillet (medium)	125	3.10	1238	52
Marmite	5	0.54	215	9
Omelette, cheese (2 eggs)	120	0.71	284	12
Omelette, plain (2 eggs)	100	0.38	150	6
Pancakes, savoury	110	0.70	281	12
Pancakes, sweet	110	0	0	0
Sausage (1 medium)	30	0.81	325	18
Smoked salmon	56	2.63	1052	44

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Other Breakfast Items	Weight (g)	Salt (g)	Sodium (mg)	% of GDA
Bagel (1)	90	1.20	495	21
French stick ( 6 inch piece)	120	1.80	739	31
Croissants (1)	50	0.52	210	9
Crumpets (2)	80	2.06	823	34
Hot cross buns (1)	50	0.12	47	2
Malt bread, fruited (1 slice)	35	0.21	86	4
Muffins, English, white (1)	70	0.86	345	14
Pitta bread, white (1)	75	0.82	329	14
Rye bread (1 slice)	25	0.36	145	6
Soda Bread (1 slice)	40	0.42	167	7
Toast (1 slice)	31	0.42	170	6

## Light Meals

Light Bites	Weight (g)	Salt (g)	Sodium(mg)	% GDA
Bagel (1)	90	1.20	495	21
French stick (6 inch piece)	120	1.80	739	31
Bread (2 slices)	72	0.9	360	14
Bread roll (small)	48	0.64	257	11
Cream cracker e.g. Jacobs (2)	14	0.21	85	4
Crispbread e.g. Ryvita (2)	20	0.11	44	2
Jacket potato (medium with skin)	180	0.05	22	<1
Pitta bread, white (1)	75	0.82	329	14
Water biscuit e.g. Carrs (2)	16	0.19	75	3
Match the items above with the appropriate filling below.				
Cheddar, Red Leicester, Double Gloucester	50	0.84	325	14
Cheese spread (e.g. Dairylea)	30	0.81	323	13
Chicken	50	0.1	40	2
Corned beef (1 slice)	40	0.86	344	14
Cottage cheese	50	0.37	150	6
Cream cheese (e.g. Philadelphia)	30	0.22	90	4
Egg (1)	50	0.19	75	3
Fish paste (small jar)	35	0.52	210	9
Ham (1 slice)	25	0.75	300	13
Hummus (1tbsp)	30	0.50	201	8
Mayonnaise (1 tbsp)	15	0.17	68	3
Pate, liver	40	0.75	300	13
Peanut butter	20	0.19	75	3

<b>Prawns (cooked in salt water)</b>	60	2.39	954	40
<b>Salmon, smoked</b>	56	2.63	1052	44
<b>Salmon, tinned</b>	45	0.45	180	8
<b>Tuna in brine</b>	45	0.45	180	8
<b>Tuna in spring water</b>	45	0.34	135	7

<b>Other Light Bites</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Cornish pasty</b>	160	1.6	640	27
<b>Omelette, cheese (2 eggs)</b>	120	0.71	284	12
<b>Omelette, plain (2 eggs)</b>	100	0.38	150	6
<b>Quiche Lorraine (small slice)</b>	95	1.63	653	26
<b>Pizza – cheese &amp; tomato (shop bought )</b>	100	0.7	280	12
<b>Pork pie</b>	140	2.27	910	38
<b>Scotch egg</b>	120	2.01	804	34
<b>Sausage roll (1 medium flaky pastry)</b>	60	0.77	306	13
<b>Different brands will vary please check the food label.</b>				
<b>Savoury Snacks</b>				
<b>Corn and starch snacks e.g. Skips</b>	18	0.59	238	10
<b>Corn snacks e.g. Wotsits</b>	25	0.71	283	12
<b>Peanuts, plain</b>	50	0.002	1	<1
<b>Peanuts, roasted &amp; salted</b>	50	0.5	200	8
<b>Popcorn, plain</b>	25	0.002	1	<1
<b>Potato crisps, low fat</b>	40	0.73	292	12
<b>Potato crisps, ready salted</b>	40	0.8	320	13
<b>Prawn crackers</b>	30	0.57	230	10
<b>Salt 'n' Shake crisps (without the salt sachet)</b>	24	0	0	0
<b>Tortilla chips</b>	50	1.07	430	18
<b>Twiglets</b>	25	0.84	335	14

## Main Meals

The following information has been split into food groups - carbohydrate, protein and vegetables. Eating something from each food group ensures that you are eating a balance. Sauces and stock cubes are also included.

<b>Carbohydrate</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Chapati (1)</b>	55	0.18	72	3
<b>Chips (Chip shop NO added salt)</b>	210	0.19	74	3
<b>Chips (frozen oven) small portion</b>	165	0.22	87	4
<b>Naan bread (1)</b>	160	2.41	966	40
<b>Pappadum (1)</b>	12	0.44	175	7
<b>Pasta (dried)</b>	75	0	0	0
<b>Potato, boiled in unsalted water (1)</b>	60	0	0	0
<b>Potato, jacket with skin (1 medium)</b>	180	0.03	13	<1
<b>Potato, instant mash (1 scoop)</b>	60	0.42	168	7
<b>Potato, mashed (1 scoop)</b>	60	0.07	30	1
<b>Potato, roast (2 small)</b>	50	0.02	9	<1
<b>Rice</b>	75	0	0	0

<b>Protein – meat and meat products</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Beef, minced</b>	140	0.25	102	4
<b>Beef, roast 3 slices</b>	120	0.19	75	3
<b>Beefburger, chilled / frozen</b>	85	1.0	400	17
<b>Chicken, roast breast 3 slices</b>	120	0.24	96	4
<b>Faggots in gravy (2)</b>	150	2.02	810	34
<b>Gammon steak, grilled</b>	170	5.01	2006	84
<b>Kidney / liver (pig / lamb)</b>	100	0.98	392	16
<b>Lamb, roast 3 slices</b>	120	0.22	86	4
<b>Pie - steak &amp; kidney (individual pie chilled / frozen)</b>	200	2.30	920	38
<b>Pork chops (1)</b>	85	0.15	60	2
<b>Pork, roast 3 slices</b>	120	0.18	72	3
<b>Sausage (2 large)</b>	80	2.2	864	36
<b>Turkey, roast 3 slices</b>	120	0.27	108	5

<b>Protein – fish and fish products</b>				
<b>Calamari (batter)</b>	120	0.26	106	4
<b>Cod / haddock (raw)</b>	120	0.21	83	3
<b>Cod in breadcrumbs (frozen)</b>	100	1.20	480	20
<b>Haddock in breadcrumbs</b>	120	0.87	348	15
<b>Cod in batter</b>	120	0.87	348	15
<b>Protein – fish and fish products</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Cod in batter (chip shop medium)</b>	180	0.72	288	12
<b>Cod in parsley sauce (boil in bag)</b>	170	1.10	442	18
<b>Crab meat (dressed crab 2 tbs)</b>	80	0.84	336	14
<b>Fish finger (2)</b>	56	0.62	246	10
<b>Kipper fillet, grilled (1 fillet)</b>	130	3.05	1222	50
<b>Lemon sole, grilled</b>	170	0.47	187	8
<b>Mackerel in tomato sauce (tinned)</b>	125	0.78	313	13
<b>Mackerel, smoked</b>	150	2.81	1125	47
<b>Pilchards in tomato sauce (tinned)</b>	125	0.91	363	15
<b>Prawns (cooked in salt water)</b>	60	2.39	954	40
<b>Salmon steak, grilled / steamed</b>	100	0.13	54	2
<b>Salmon, smoked</b>	56	2.63	1053	44
<b>Salmon, tinned</b>	100	1.1	440	18
<b>Sardines in brine (tinned)</b>	100	1.325	530	22
<b>Sardines in tomato sauce (tinned)</b>	100	0.87	350	15
<b>Scampi</b>	170	2.8	1120	47
<b>Trout (grilled)</b>	120	0.12	66	3
<b>Smoked Haddock</b>	120	2.97	1188	50
<b>Seafood sticks 2</b>	34	0.60	238	10
<b>Whitebait, fried</b>	80	0.46	184	8

<b>Vegetables</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Baked beans – reduced salt (small tin)</b>	200	1	400	17
<b>Baked beans (small tin)</b>	200	1.5	600	25
<b>Beetroot, pickled (1)</b>	35	0.11	42	2
<b>Coleslaw (1 tbsp)</b>	45	0.18	72	3
<b>peas canned (1 tbsp)</b>	30	0.19	75	3
<b>Onions, pickled (1)</b>	15	0.17	68	3

<b>Tomatoes, tinned (1/4 tin)</b>	100	Trace	trace	<1
<b>Vegetables, canned (in salted water)</b>	80		>200	>8
<b>Vegetables, canned (in water)</b>	80	Trace	trace	<1
<b>Vegetables, fresh or frozen</b>	80	trace	trace	<1
<b>Sweet corn kernels canned drained</b>	30	0.2	81	3

<b>Vegetarian Meals</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium (mg)</b>	<b>% GDA</b>
<b>Quorn mince</b>	75	0.25	100	4
<b>Quorn pieces</b>	75	0.5	200	8
<b>Quorn sausages (2)</b>	90	0.90	340	14
<b>Tofu original</b>	100	trace	trace	<1
<b>Vegeburger 1 grilled</b>	56	0.68	274	11

<b>Sauces, Stocks etc</b>	<b>Weight (g)</b>	<b>Salt (g)</b>	<b>Sodium(mg)</b>	<b>% GDA</b>
<b>OXO cube Beef</b>	100mls	1.1	420	18
<b>OXO cube Beef reduced salt</b>	100mls	0.6	240	10
<b>Gravy granules (Bisto)</b>	50ml	0.57	230	10
<b>Gravy granules, reduced salt (Bisto)</b>	50ml	0.30	120	5
<b>Stock cubes, Heinz for baby</b>	100ml	0.05	20	<1
<b>Stock cubes, Kallo very low salt</b>	100ml	0.005	2	<1
<b>Tomato ketchup (1 tbsp)</b>	15	0.50	200	8
<b>Tomato ketchup reduced salt (1 tbsp)</b>	15	0.25	100	4
<b>HP Brown sauce</b>	15	0.19	75	3
<b>HP Reduced salt brown sauce</b>	15	0.15	60	2.5
<b>Tomato puree (1 tbsp)</b>	15	0.09	36	1
<b>Yeast extract (1 tsp)</b>	9		387	16



## Example Meal Plan

	Sodium (mg)
<b>Breakfast</b>	248
Shreddies	
Toast x2 with yeast extract	469
<b>Snack Meal</b>	
Cheese sandwich	685
Crisps	320
<b>Main Meal</b>	
Jar of Bolognese sauce with minced beef and pasta	422
<b>Or</b>	
Sausages x2 with gravy, mashed potato and vegetables	940
<b>Snack</b>	
Crumpet x2	823
<b>Total:</b>	
2967-3485mg sodium = 7.5-8.7g salt = 125-145 % RDA	

	Sodium (mg)
<b>Breakfast</b>	108
Weetabix x2	
Toast x2 with jam	350
<b>Snack Meal</b>	
Tuna sandwich	495
Salt 'n' Shake crisps	0
<b>Main Meal</b>	
Home-made Bolognese sauce with minced beef and pasta	102
<b>Or</b>	
Pork chop with reduced salt gravy, mashed potato and vegetables	270
<b>Snack</b>	
Crackers x2 with cream cheese	175
<b>Total:</b>	
1230-1400mg sodium = 3-3.5g salt = 51-58% RDA	

## Salt Calculator

- List the foods that you eat during the day in the table below and estimate the portion size.
- Use the 'Salt Content Guide' to allow you to estimate the sodium content of the food you are eating.
- Total it up at the end of the day and see how you compare to the RDA. Complete it for different days, so you can identify better choices.

Food	Weight (g)	Sodium (mg)
Breakfast		
Light Meal		
Main Meal		
Snacks		
<b>TOTAL</b>		

To work out the salt content, use the following calculation:

Your daily sodium total divide by 1000 then times by 2.5 = your daily salt intake:

mg sodium	divide by 1000	times by 2.5	=	g salt
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The recommended daily amount is less than 2400mg sodium or 6g salt per day.