

## PATIENT INFORMATION

# No Added Salt Diet

Dietary information for people who have been advised to follow a “No Added Salt Diet”.

### Getting started

You have been advised to follow a ‘no added salt diet.’ A diet high in salt (sodium) can lead to fluid retention and high blood pressure. Salty foods also make you thirsty - this can cause problems if you need to limit your fluid intake.

Salt occurs naturally in many foods, so it is impossible to avoid it altogether, but following the advice in this leaflet can help you avoid having an excessive intake and help your symptoms

- Do not add salt to cooking or at the table
- Avoid using stock cubes and flavoured salts for example garlic salt, celery salt
- Reduce the amount of salty foods in your diet for example bacon, ham, crisps, cheese, salted nuts, processed foods

Salt substitutes such as Lo Salt® are available. However, these are high in potassium, which may be harmful when taken in large amounts. You should check with your doctor before you use them.

**The following foods are high in salt and should therefore be avoided or eaten in smaller portions**

Food group	Foods to avoid
<b>Meat and meat products</b>	Meat or poultry which is tinned, smoked or cured for example ham, bacon, sausages, salt beef, tongue, corned beef, luncheon meat, haslet, spam, black puddings, salami Meat paste and pate Ready-made meals containing meats for example meat stews, casseroles, pies, pastries
<b>Fish and fish products</b>	Smoked fish, tinned fish in brine, kippers. Fish paste and pate Ready-made meals containing fish, for example fish cakes or fisherman’s pie
<b>Dairy products</b>	Cheese (restrict to 2 - 4oz a week)

Food group	Foods to avoid
<b>Bread, other cereals and potatoes</b>	Instant noodles, savoury rice. Instant mashed potato Tinned spaghetti or ravioli
<b>Vegetables</b>	Tinned vegetables in brine or salted water

<b>Miscellaneous</b>	Tinned or packet soups Tinned, packet and bottles sauces Marmite®, Oxo®, Bovril®, yeast extracts, stock cubes and gravy powders/granules (gravy browning is acceptable) Soy sauce, monosodium glutamate, sodium bicarbonate Crisps and other snacks, for example salted nuts, pretzels, Twiglets® or crackers
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### Flavouring food

Try some of these seasoning suggestions instead of salt:

Apple	With pork
Bouquet garni or basil	In stews and casseroles
Bayleaf	Add to fish, chicken and red meat dishes
Chives/spring onions	Chop and add to potatoes or salad
Curry powder	Use in meat, chicken, vegetable dishes and rice dishes
Cloves	Use with boiled onions to flavour white sauce
Garlic cloves	Crush and use in any meat dish or salad. Add to 'no added salt' butter or spread for garlic bread
Lemon juice	Add to fish or chicken dishes
Mint	Boil with potatoes and vegetables
Mixed herbs	In stuffing and omelettes
Mustard	For mustard sauce with beef, rub surface of beef with dry mustard before cooking. Add a pinch to savoury white sauce or to oil and vinegar salad dressing
Nutmeg	Grate over vegetables, particularly mashed potato, cabbage and cauliflower. Use in fried rice and in bread sauce
Parsley	As a garnish or in sauces or fish dishes
Paprika	As a garnish in chicken and rice dishes
Pepper (white or black)	Add to savoury dishes, vegetables and salad
Rosemary	Use when roasting lamb or roast potatoes
Sage	In stews or as a stuffing with pork or duck
Vinegar	Add to chips and hard boiled eggs
Salad dressings	Add to salads vinegar with olive oil, honey and mustard or plain yoghurt with chopped mint or olive oil and garlic
Herb vinegars	Put some sprigs of herbs (for example mixed herbs, rosemary, tarragon or thyme) into a small jar with wine vinegar or add to salad

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.