



Patient Information

Reduced salt diet

This leaflet provides dietary information that will help prevent kidney stone formation.

Why should I follow a salt controlled diet?

Reducing your salt intake can help prevent kidney stones because too much salt in the diet causes your kidneys to leak calcium. About 80% of kidney stones in adults are formed from calcium. Reducing salt intake can also help lower blood pressure reducing your risk of stroke and heart disease.

You are probably eating too much salt in your diet without realising it because 75% of the salt we eat is already in the food we buy.

Important general advice

- Avoid salt in cooking
- Don't add salt to your food
- Use fresh or dried herbs and spices to season foods
- Avoid convenience foods
- Read labels carefully (high salt is 1.5 grams salt per 100 grams, low is 0.3 grams salt per 100 grams)
- Go to <http://www.eatwell.gov.uk/healthydiet/fss/salt/> for further helpful advice

Foods high in salt

The following foods are high in salt and should be avoided or reduced in your diet:

- anchovies
- bacon
- sausages
- kidneys
- processed cheese
- gravy granules
- stock cubes
- ham
- olives
- pickles
- canned vegetables
- canned soups
- ready meals
- crisps
- nuts
- dips
- sardines
- smoked meat and fish
- bread products such as crumpets, bagels and ciabatta
- soy sauce
- salad dressings
- sauces such as tomato ketchup

Will I get another kidney stone if I follow this advice?

You may still get another stone, but your chances are reduced.