

Chinese Haemodialysis - Low Salt Dietary advice

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Why is salt important?

We all need salt, but too much salt will affect blood pressure and cause thirst. All foods contain salt, but traditional Chinese food contains far too much salt.

The following are some of the ways that may help you eat less salt.

Cook with extremely little salt.

Do not add salt, or use salt substitutes such as LoSalt, monosodium glutamate (MSG), or soda powder (sodium bicarbonate soda) etc. when eating.

What kind of food has high salt content?

The following foods have an extremely high salt content. Do not eat:

- Pickled vegetables, oyster sauce, fermented soybeans, hot peppers and plum sauce, various kinds of soy sauce (sauces) and fermented bean curds.

- Various kinds of preserved dry foods, such as salted fish, abalones, shrimps, fish sauce, salted pork and other foods such as salted eggs, pickled dry fruits.
- Canned meats and vegetables in salt water.
- Preserved foods, such as pickled vegetables, salted eggs and plums etc.
- Salty snacks, such as kernels, prawn crackers, crisps and salty biscuits.
- Avoid monosodium glutamate, chicken stock etc.
- Bacon, ham, some ready to eat foods, such as pot noodles, takeaway meals, condensed soups and packet sauces.

What kinds of low salt content food may I eat?

You may eat:

1. Fresh vegetables and meats such as: pork, beef, lamb, chicken and white fish. They could be grilled, boiled, roasted, steamed or fried.
2. Food seasoning with garlic, lemon, honey, pepper, ginger or five spice powder, spring onions and vinegar.
3. Carbohydrate foods such as rice, bread, pancakes, noodles and rice noodles are good sources of energy; they can be eaten at ease.
4. Pure egg white cakes and biscuits may be eaten to supplement energy, but do not eat too much fried food. Cooking oil may be made of sunflower seeds, sweet corns, soybeans, mustard flower seeds and peanuts.

Sesame oil can be used for seasoning foods. These kinds of oil are better than butter, lard, chicken oil; they can be used for cooking.

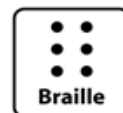
If you have any queries, please ask your dietitian for advice.

"The Chinese version is for reference only, should there be any discrepancy, the English version prevails."

Contact details:

Dietitian Name: _____

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If you require a special edition of this leaflet

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