

facts about...

# NO ADDED SALT DIET

## NO ADDED SALT DIET

### Information for Patients with Severe Liver Disease

I have been recommended to follow a 'No Added Salt' Diet. What does this mean?

#### Rationale

A common complication of advanced liver disease is the retention of excessive fluid, particularly in the abdomen (called ascites) and in the legs (oedema). Restriction of the intake of salt (sodium chloride) is an extremely important part of the management of people with fluid retention. The typical Australian diet contains around 6 grams of sodium per day. A diet with 2.5 grams of sodium or less is recommended to help control fluid retention. The most effective way to restrict your salt intake is by following a "No Added Salt" diet.

The use of "salt substitutes" is not recommended for patients who have been advised to restrict salt intake.

Such products usually contain potassium and their use may lead to very high potassium levels in the blood which can alter your heart rhythm and lead to cardiac arrest.



You may notice that your food tastes "*different*" after starting a "No Added Salt" diet. However, you will find that once you have followed this diet for a few months your taste buds adapt to the change.

#### NO ADDED SALT DIET

You may notice that your food tastes "*different*" after starting a No Added Salt diet.

#### What is a "No Added Salt" diet?

"No Added Salt" means *not* adding salt while preparing or cooking food and *not* adding salt at the table before eating. In addition, foods that have been prepared or cooked

commercially with salt also need to be avoided. See below for a list of foods to include in your diet, and foods to avoid.

#### The "No Added Salt" diet

The following list of foods is intended as a general guide only. As many patients with advanced liver disease suffer from malnutrition, many of the foods to be included have high calorie, fat or protein content, which is important for improving nutritional state.

*A dietitian can provide additional advice tailored to your individual needs and assist you in planning a "No Added Salt" diet.*

## Foods to Include

### **Meat, Fish or Poultry**

All fresh or frozen plain meat, poultry, fish. Canned fish packed in springwater or oil. Cold roast meat slices from deli (not salted).

### **Eggs**

Eggs.

### **Nuts or Seeds**

Unsalted nuts and seeds (e.g. nuts in their shell) chocolate or sugar coated nuts.

### **Legumes**

"No added salt" baked beans, lentils, chick peas, kidney beans etc. Fresh tofu (bean curd).

### **Dairy or Soy products**

Milk, yoghurt, sour cream, ice cream, cream, ricotta or cottage cheese, low sodium cheddar cheese (e.g. Nimbin®), other cheeses up to 60g/day(2 slices).

### **Bread**

All breads and rolls including multigrain, wholemeal, white, rye, pumpernickel, sourdough, Turkish, Lebanese etc. (except for those with salt topping). Biscuits and crackers (except for those with cheese or salt topping). Cakes and slices.

## Foods to Avoid

### **Meat, Fish or Poultry**

All cured or salted meats (e.g. bacon, ham, corned beef). "Deli" manufactured meats (e.g. salami, devon, chicken loaf, canned meats). Sausages, hot dogs, frankfurts, canned fish packed in brine, anchovies and other salted or smoked fish, fish paste, imitation crab (surimi), fish cakes with added salt. Barbeque seasoned roast chicken. Paté.

### **Eggs**

Pickled eggs packed in brine.

### **Nuts or Seeds**

Salted nuts or seeds.

### **Legumes**

Baked beans, bean mixes and other legumes in salted sauces or brine.

### **Dairy or Soy products**

Commercial cheese dips, cheese logs, commercial cheese sauces.

### **Bread**

Breads with salt topping, breads with cheese, bacon, ham or olives added, biscuits and crackers with salt topping (e.g. Saltines®, Jatz®, Shapes®, cheese crackers, rice crackers with soy sauce or seaweed). Pretzels.

## Foods to Include

### **Cereals**

All cereals including rolled oats and semolina.

### **Rice**

Rice, couscous, cracked wheat prepared without salt.

### **Pasta or Noodles**

Pasta and noodles prepared without salt.

### **Vegetables**

All fresh vegetables, frozen vegetables without sauce, potato chips prepared without salt

### **Fruit**

All fruit

### **Soups and broths**

Homemade soup or broth prepared without salt or salty ingredients. Salt reduced stock or stock powder in moderation. Gravy made with salt reduced stock.

### **Miscellaneous**

Herbs and spices (except mixtures that include salt). Vinegar, lemon or lime juice. Mustard, chillies, garlic, ginger. Salt-reduced soy sauce in moderation. Regular peanut butter in moderation, (use no added salt peanut butter for satay sauce). Chocolate & lollies. Packaged dessert. Snack foods prepared without salt (e.g. unsalted nuts, unsalted popcorn or unsalted pretzels).

## Foods to Avoid

### **Cereals**

None.

### **Rice, Pasta or Noodles**

Packaged flavoured rice/pasta/couscous meals and side dishes, instant noodles with flavour pack.

### **Vegetables**

Frozen vegetables with a sauce (e.g. cheese sauce or stir fry/soy sauce). Preserved vegetables (e.g. olives, vine leaves, sauerkraut, pickled onions, gherkins, capers etc). Frozen or packaged potato chips/crisps, potato bake. Canned vegetables with sauce.

### **Fruit**

None

### **Soups and broths**

All canned or dehydrated soups (including packet soups). Restaurant/café/ takeaway soups. Stock cubes and powder. Commercial gravy. Dashi, miso, seaweed and soups made from them. Bonox®.

### **Miscellaneous**

Herb or spice mixtures that include salt (e.g. lemon pepper, celery salt, veggie salt). MSG, rock salt, dried packet sauces, soy, oyster, teriyaki, hoi-sin, blackbean and fish sauce, miso, dashi, Worcestershire sauce, gravy, regular satay sauce, Vegemite®, Eno®, Alka Seltza®, Bicarbonate of soda, licorice, honeycomb, salty snack foods (e.g. crisps, Cheezels®, Twisties®, pretzels®, corn chips, salted nuts etc).

*This information booklet has been designed by the Digestive Health Foundation as an aid to people who need a "No Added Salt" diet or for those who wish to know more about it. This is not meant to replace personal advice from your medical practitioner.*

*The Digestive Health Foundation (DHF) is an educational body committed to promoting better health for all Australians by promoting education and community health programs related to the digestive system.*

*The DHF is the educational arm of the Gastroenterological Society of Australia, the professional body representing the Specialty of gastrointestinal and liver disease in Australia. Members of the Society are drawn from physicians, surgeons, scientists and other medical specialties with an interest in GI disorders.*

*Since its establishment in 1990 the DHF has been involved in the development of programs to improve community awareness and the understanding of digestive diseases.*

*Research and education into gastrointestinal disease are essential to contain the effects of these disorders on all Australians.*

*Further information on a wide variety of gastrointestinal conditions is available on our website.*



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*If you have further questions you should raise them with your own doctor.*

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