



NEPHROTIC SYNDROME AND FOOD

You must not rely on the information on this website as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical or dietary matter you should consult your doctor or other professional healthcare provider.



THE BASICS.



A balanced, no added salt diet is very important for anyone who has Nephrotic Syndrome. Some patients are advised by their doctors to restrict the amount they drink to minimize fluid retention. Too much salt in your diet may make your body retain fluid and can contribute to high blood pressure. Eating a diet that is low in saturated fat and cholesterol can help control elevated cholesterol levels.



DITCH THE SALT

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A low salt diet is very important if you or your child have Nephrotic Syndrome. Here are some handy tips;

- Cut out processed foods. Avoid tins and packets, ready meals and take away food. These are all high in salt.
- Check food labels for salt content. Aim for low salt food and sauces only. As a rule of thumb, aim for any food under 1.2g salt (0.5g sodium) per 100g.
- Don't add salt at the table. This includes sea salt and all salt substitutes i.e. Lo Salt and Selora

AVOID HIGH IN SALT FOODS SUCH AS;

Cheese (cheddar, edam, stilton, cheese spread, processed cheese)

"Instant" foods such as pot noodles and gravy

Salted snacks (crisps, nuts, mini cheddars etc)

Tinned and packet soups

Sauces (ketchup, bbq, soy sauce, salad cream etc)

Frozen potatoes (waffles, alphabet shapes, smilies)

Processed meats (sausage rolls, corned beef, bacon, sausage, spam, lunch meat, ham, salami, meat pies, meat pastes)

Take aways and fast foods.

Butter and margarine.

Marmite, Bovril, pickles, stock cubes

Smoked meats and fish

Pastries

INSTEAD TRY...

Fresh fish, poultry and meats

Fresh fruits and vegetables

Low fat soft cheese

Make a batch of fresh pasta sauce without salt and freeze

Home made meals with no salt added

Herbs and spices (garlic, pepper, vinegar)

Unsalted butter and margarine

Use low salt versions of products, such as ketchup, gravy, tinned beans etc.

Low salt crisp alternatives (Salt n shake without adding the salt)

Sweet popcorn

Unsalted nuts, peanuts and raisins.

Choose salad and a low sodium dressing as a side.

A FEW EXTRA BITS...

Read food packaging when you're shopping, ensuring that you only buy products that are low in salt. This takes a lot of time at first but gets much easier in the long run.

Batch cook low salt meals for throughout the week and prepare lunches for work or school that are low in salt.

Check out a restaurants website to see if you can find low salt options they offer, or ask when ordering food for no salt to be added to your dish.

Connect with others. In the NeST Facebook groups you will find lots of helpful tips from other parents and patients.

Look out for "No added salt" versions of condiments to add flavour to food, such as Heinz No Added Salt Ketchup.

Take time to look up and cook new recipes, especially with your child if they are the patient. Having fun cooking food can make changing a diet more fun.



www.nstrust.co.uk