

Functions of Sodium:

- Regulates the body's blood pressure and blood volume
- Critical for functioning muscles and nerves

In dialysis...

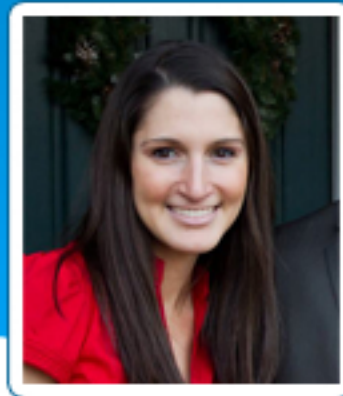
The kidneys are unable to filter sodium from the blood to the urine; therefore sodium builds up and causes high levels in the blood. Sodium attracts water; therefore blood volume increases because sodium attracts and holds water. The increased blood volume forces the heart to work harder to pump blood through the vessels. This increases pressure in arteries and ultimately causes high blood pressure. It is important to restrict fluid in diet because it can lead to edema.

For Questions or Concerns:

Brittney T. Scott, R.D.

brittney.twila.scott@gmail.com

1 - (209) 814 - 1345



To find a dietitian near you:

www.EATRRIGHT.org

SODIUM

Guidelines

for those on

Dialysis

Low Sources:

(less than 100 mg)

Source	Size	mg
Apple	2 3/4" diameter	1
Orange	2 5/8" diameter	0
Watermelon	1 medium wedge	3
Grapes	1 Cup	3
Corn	1 Cup	5
Zucchini	1 Cup	2
Pretzel (unsalted)	1 oz.	81
Ground Beef	3 oz.	55
Almonds	1 Cup	1
Avacado (cubes)	1 Cup	11
Chocolate Chip Cookie	1 large	79

Medium Sources:

(between 100 and 250 mg)

Source	Size	mg
Cheddar Cheese	1 slice (1 oz.)	176
Egg	1 Large	154
Whole-Wheat Bread	1 slice	132
Yogurt (plain or fruit)	8 oz.	159
1% Milk	1 Cup	107
Ranch Dressing	1 Tbsp	165
Ice Cream	1 Cup	101
Bread Stick	1 Medium 6 3/4"	142
Peanut Butter	2 Tbsp	146

High Sources:

(more than 250 mg)

Source	Size	mg
Potato	2 1/4" diameter	479
Salami	1 slice 4" x 1/8"	262
Hotdog	1 piece	657
Green Bean (canned)	1 Cup	354
Chips (Doritos)	1 Cup	274
Chicken	3 oz.	333
Biscuit	2" diameter	275
Ham Luncheon meat	1 slice	345
McDonald's Hamburger	1/4 lb	834
Pickles (dill)	1 spear	306

