

Sodium (Salt) for Kidney Stones

Why does salt matter?

- It helps regulate water and other minerals in your body.
- The amount of sodium in urine affects calcium levels in urine. Lowering sodium helps lower the amount of calcium.

What should my salt intake be?

- The 2020 to 2025 Dietary Guidelines for Americans suggests **less than 2,300 milligrams (mg) of salt** each day.
- The American Heart Association suggests **a limit of 1,500 mg each day for most adults.**

How do I lower my salt intake?

- Eat more fresh foods. Limit processed, pre-made, and frozen foods. About 70% of your salt intake comes from these.
- Use less salt when cooking. Do not keep a saltshaker on the table at meals. Add flavors to your food without adding salt.
- Try salt free seasonings, such as garlic powder, onion powder, and black pepper.
- Use lemon juice, lime juice, or vinegar.
- Dry or fresh herbs add flavor. Try dill, basil, rosemary, dry mustard, and paprika.
- Check the nutrition label before buying foods. Look for food packages that say:
 - Salt free or sodium free. This means it has 5 mg of salt or less per serving.
 - Very low sodium. This means it has 35 mg of salt or less per serving.
 - Low sodium. This means it has 140 mg of salt or less per serving

Low sodium foods (less than 140 mg)

Food group	Food	Serving	Amount (mg)
Grains	Bread: Italian or wheat	1 slice	120 to 130
	Cereal: bran, corn, rice, or wheat	1/2 cup	100 to 140
Protein foods	Egg substitute, liquid	1/4 cup	120
	Egg, whole	1 large	70
	Meats, fresh: beef, fish, lamb, pork, or poultry	3 ounces	60 to 100
	Nut butters: almond, cashew, or peanut	1 tablespoon	70
	Seeds, unsalted: pumpkin or sunflower	2 tablespoons	55
Dairy and dairy alternatives	Milk	1 cup	100
	Milk, evaporated	1/2 cup	135
	Soymilk	1 cup	125
	Yogurt	6 ounces	55
Vegetables	Vegetables: canned, low sodium	1/2 cup	140 or less
	Vegetables: fresh or frozen	1/2 cup	5 to 10
Fruit	Fruit: fresh, frozen, or canned	1 piece or 1/2 cup	0 to 5
Other	Butter, salted	1 tablespoon	90
	Margarine	1 tablespoon	135
	Mustard	1 teaspoon	55

Moderate sodium foods (140 to 300 mg)

Food Group	Food	Serving	Amount (mg)
Grains	Bread: pumpernickel, rye, or white	1 slice	170 to 215
	Bun: hot dog or hamburger	1	205
	Cereal: raisin bran	1/2 cup	175
	English muffin	1	250
	Pancake or waffle, 4-inch	1	240
	Pasta	1/2 cup	0
	Pita, 4-inch	1	150
	Rice	1/2 cup	0
	Tortilla, 6-inch	1	205
Protein Foods	Lunch meat: pork or beef	1 ounce	210
	Nuts: salted, mixed, or peanuts	1/4 cup	190 to 230
	Sausage: beef, chicken, or pork	1 ounce	200
	Tuna, canned in water	3 ounces	290
Dairy and Dairy Alternatives	Cheese: cheddar, muenster, mozzarella, provolone	1 ounce	150 to 175
	Cheese, parmesan	2 tablespoons	150
	Cheese, ricotta	1/2 cup	155
Vegetables	Vegetables, canned: corn, green beans, tomatoes	1/2 cup	160 to 285
Other	Miso	1/2 cup	160
	Olives	5 large	190
	Pudding, ready-to-eat	1/2 cup	190
	Salad dressing	2 tablespoons	200 to 300
	Salsa	2 tablespoons	205

High Sodium Foods (more than 300 mg)

Food Group	Food	Serving	Amount (mg)
Grains	Bagel, 4-inch	1	400 to 450
	Biscuit, 2 1/2-inch	1	330
	Croissant	2 ounces	425
	Pretzels, salted	1 ounce	400
	Rice, seasoned, from box	1 cup	600 to 900
Protein Foods	Bacon	2 slices	300
	Beef, dried	1 ounce	790
	Beans, canned: garbanzo or kidney	1/2 cup	405 to 445
	Fish, canned or smoked: salmon or sardines	3 ounces	400 to 700
	Ham	1 ounce	375
	Hot dog, beef or pork	1	510
	Veggie burger	1	380
Dairy and Dairy Alternatives	Cheese: American or feta	1 ounce	325 to 475
	Cottage cheese	1/2 cup	460
	Buttermilk	1 cup	260
Vegetables	Tomato or vegetable juice	1/2 cup	640
	Tomato sauce	1/2 cup	510
	Mushrooms, canned	1/2 cup	330
Other	Barbecue sauce	2 tablespoons	350
	Ketchup	2 tablespoons	335
	Fish sauce	1 tablespoon	900 to 1,500
	Oyster sauce	1 tablespoon	670
	Pasta sauces: alfredo, spaghetti, or marinara	1/2 cup	640 to 800
	Pickle	1 large	570
	Salt (table salt)	1 teaspoon	2,325
	Soup, canned	1 cup	700 to 1,000
	Soy sauce, low sodium or regular	1 tablespoon	600 to 900
	Teriyaki sauce	1 tablespoon	690