



A teaspoon of salt a day, which is equal to 2,300mg of sodium, is the maximum intake recommended by the Federal Drug Administration (FDA) and the American Heart Association.

This intake may need to be reduced further if you have kidney disease, heart disease or liver disease.



Puja Goswami, M.D.
@kidneyfeasts

A teaspoon of salt!



Limit your salt intake
starting today!



Excess Salt



sea salt vs regular?

Sea salt is salt from the ocean or the sea. It contains TRACES of other minerals (iron, potassium, magnesium, calcium and zinc).

Sea salt granules are larger than table salt granules but most people add more sea salt to achieve the desired flavor.

Therefore, there is no difference between the two!

Increases Blood Pressure

Worsens Kidney Function

Causes Swelling



Ways to Cut Down on Salt Intake

-Avoid Processed and Canned Foods

-Use Low Salt Alternatives (beware of potassium content)

-Add Spices (Ginger, Garlic, Herbs)

-Use Fresh Produce