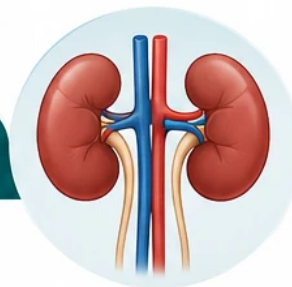


SODIUM (SALT) REDUCTION FOR CKD

Protect Your Kidneys.
Protect Your Heart.



Too much sodium increases blood pressure, causes fluid retention, and accelerates kidney damage. Reducing sodium is one of the most powerful steps you can take to slow CKD progression and improve your overall health.

WHY LOWER SODIUM?



Lowers Blood Pressure

Helps keep blood pressure in a safer range.



Reduces Fluid Retention

Less swelling in your feet, ankles, and around the eyes.



Slows CKD Progression

Less pressure and stress on the kidneys.



Protects Your Heart

Lower risk of heart failure, stroke, and cardiovascular events.

HOW MUCH SODIUM SHOULD YOU HAVE?

For most people with CKD:

2,000 mg
of sodium per day
(about 1 teaspoon of salt)



Read labels:

5% DV or less
is low



20% DV or more
is high



DV = Daily Value

WHERE SODIUM HIDES

Most of the sodium we eat comes from processed and restaurant foods.



Processed Foods

Canned goods, instant noodles, processed meats (ham, bacon, hotdogs, sausages), deli meats

HIGH SODIUM



Condiments & Sauces

Soy sauce, fish sauce, oyster sauce, seasoning mixes, ketchup, BBQ sauce, salad dressing

HIGH SODIUM



Breads & Snack Foods

Bread, crackers, chips, pretzels, savory biscuits, salted nuts

HIGH SODIUM



Restaurant & Fast Foods

Restaurant meals, fast food, pizza, fried chicken

HIGH SODIUM



Soups & Broths

Commercial soups, bouillon cubes, broths

HIGH SODIUM



Even foods that don't taste salty can be high in sodium.

PRACTICAL STRATEGIES TO REDUCE SODIUM



1. Choose Fresh Foods

Eat more fresh fruits, vegetables, lean meats, eggs, rice, and whole foods. Cook at home whenever possible.



2. Read Labels Carefully

Choose products with lower sodium. Check serving size and total sodium per serving.



3. Flavor Your Food the Healthy Way

Use garlic, onions, ginger, lemon, calamansi, herbs, and spices instead of salt.



4. Avoid the Salt Shaker

Don't add salt to your food. Taste first — you may not need it!



5. Rinse Canned Foods

Rinse canned beans, tuna, and vegetables with water to reduce sodium content.



6. Plan Ahead

Plan your meals, prepare in advance, and pack healthy low-sodium options when eating out.



Small changes every day make a big difference.
Lower sodium. Better kidneys. Better life.



Always follow your doctor or dietitian's advice. Sodium needs may vary depending on your condition.



HIDDEN SODIUM IN FILIPINO FOODS — REFERENCE TABLES








W. G. M. Rivero, MD, FPCP, DPSN | PRC 0105184 | williamriveromd.com | 2025

DAILY SODIUM TARGET FOR CKD PATIENTS






< 2,000 mg / day = < 5 g salt = about 1 teaspoon | 1 g salt = 400 mg sodium

Most Filipinos eat 4,500–6,000 mg/day — 2–3× the CKD limit





CONDIMENTS & SAUCES — BIGGEST HIDDEN SOURCES

Food Item	Serving	Sodium (mg)	% / Day	Risk
Patis (fish sauce)	1 tbsp (15 mL)	1420	71% 	EXTREME
Bagoong alamang	1 tbsp	1370	69% 	EXTREME
Bagoong isda (paste)	2 tbsp	1500	75% 	EXTREME
Toyo / soy sauce	1 tbsp	900	45% 	HIGH
Toyomansi	1 tbsp	820	41% 	HIGH
Reduced-sodium toyo	1 tbsp	540	27% 	MOD
Banana ketchup	1 tbsp	165	8% 	LOW
Vinegar / suka	1 tbsp	2	<1%	SAFE
Calamansi juice	1 tbsp	1	<1%	SAFE

BOUILLON, SEASONING POWDERS & INSTANT MIXES

Food Item	Serving	Sodium (mg)	% / Day	Risk
Knorr cube	1 cube (10 g)	1500	75% 	EXTREME
Maggi Magic Sarap	1 sachet (8 g)	1200	60% 	EXTREME
Sinigang mix sachet	1 sachet (44 g)	1540	77% 	EXTREME
Adobo mix sachet	1 sachet	1200	60% 	EXTREME
Pancit canton seasoning	1 packet	1720	86% 	EXTREME

INSTANT NOODLES & READY MEALS

Food Item	Serving	Sodium (mg)	% / Day	Risk
Lucky Me Pancit Canton	1 pack (80 g)	1720	86% 	EXTREME
Nissin Cup Noodles	1 cup (60 g)	1800	90% 	EXTREME
Lucky Me Beef Mami	1 pack	1520	76% 	EXTREME
Nissin Yakisoba	1 pack	1650	83% 	EXTREME

WORST OFFENDER:

1 pack of Pancit Canton = 1,720 mg sodium = 86% of your entire daily CKD limit in one meal.

TIP: Cook the noodles but DISCARD the seasoning packet entirely.

HIDDEN SODIUM IN FILIPINO FOODS — REFERENCE TABLES (cont.)

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CANNED GOODS — COMMON IN RELIEF PACKS & EVERYDAY COOKING

Food Item	Serving	Sodium (mg)	% / Day	Risk
Corned beef	1/2 cup (100 g)	950	48%	HIGH
Spam	2 oz slice (56 g)	790	40%	HIGH
Sardines in tomato sauce	1/2 can (70 g)	480	24%	MOD
Vienna sausage	4 pieces (60 g)	470	24%	MOD
Luncheon meat (CDO/Purefoods)	1 slice (30 g)	380	19%	MOD
Tuna flakes in oil, drained	1/2 can (70 g)	250	13%	LOW

CURED, SMOKED & PROCESSED MEATS / FISH

Food Item	Serving	Sodium (mg)	% / Day	Risk
Daing na bangus	100 g	1200	60%	EXTREME
Tinapa (smoked)	1 piece (80 g)	900	45%	HIGH
Tapa	100 g	850	43%	HIGH
Longganisa (sweet)	2 pcs (80 g)	750	38%	HIGH
Tocino	100 g	670	34%	HIGH
Hotdog	2 pcs (90 g)	540	27%	MOD
Embutido	1 slice (60 g)	420	21%	MOD

COMMON FILIPINO DISHES — ULAM, CARINDERIA, FAST FOOD

Food Item	Serving	Sodium (mg)	% / Day	Risk
Pancit canton (carinderia)	1 plate (~300 g)	1800	90%	EXTREME
Kare-kare + bagoong (1 tbsp)	1 cup + condiment	1800	90%	EXTREME
Sinigang (with mix sachet)	1 bowl (~400 mL)	1500	75%	EXTREME
Pancit palabok	1 plate	1400	70%	EXTREME
Adobo (chicken/pork)	1 cup (~250 g)	1200	60%	EXTREME
Mang Inasal chicken + rice	1 meal	1250	63%	EXTREME
Jollibee Spaghetti	1 plate	1100	55%	HIGH
McDo Big Mac	1 sandwich	970	49%	HIGH
Lugaw with patis	1 bowl	800	40%	HIGH
Jollibee Chickenjoy	1 piece	690	35%	HIGH
Tinola (no patis added)	1 bowl	520	26%	MOD
Inihaw na liempo (plain)	100 g	180	9%	LOW
Boiled egg, no salt	1 large	70	4%	SAFE
Plain steamed rice (kanin)	1 cup	<5	<1%	SAFE

SMART SWAPS — Replace high-sodium items with kidney-safe alternatives

- Patis / bagoong → Calamansi + garlic + small pinch of salt (95% less sodium, same umami)
- Sinigang mix → Fresh sampalok tamarind — boil the fruit itself (zero sodium)
- Knorr / Magic Sarap → Homemade broth: chicken bones, ginger, onion, garlic, no added salt
- Toyo (1 tbsp) → Sukang Iloko / apple cider vinegar + one drop of toyo for colour only
- Instant noodles → Rice + egg white + kangkong in homemade low-sodium broth
- Bagoong (kare-kare) → 1/4 tsp mixed with lots of calamansi juice to dilute sodium load

Risk levels:

EXTREME

HIGH

MOD

LOW

SAFE

>60%

30-60%

15-30%

<15%

<5%

Full guide with interactive calculators, smart swaps & 7-day meal plan:
williamriveromd.com/guides/sodium-salt-reduction-ckd.html