

LowSaltDiet

Your kidney stone analysis and/or UroMax24 test results may have revealed high-salt levels. This flyer will answer some of your questions on how to safely reduce these levels.



HOW DOES THE HIGH-SALT LEVEL IN MY URINE PUT ME AT RISK FOR KIDNEY STONES?

Sodium (salt) and calcium leave the kidneys together. When you eat too much sodium, the excess sodium binds with calcium, causing more calcium to end up in the kidneys and in your urine. This higher calcium level may increase your risk of forming new stones.

HOW MUCH SODIUM SHOULD I BE TAKING IN?

The daily recommended intake of sodium is 2,400 milligrams per day (which roughly translates to one teaspoon of table salt).

IF I DON'T USE TABLE SALT ON MY FOOD, WHY IS MY SODIUM SO HIGH?

Salt is used as a preservative in all of our packaged goods and in deli counter items. It is also used in cheese, bacon and ham. Review the sodium level per serving on the package nutrition labels before eating them.

TIPS FOR REDUCING SODIUM

- Buy fresh, frozen or canned vegetables (with no salt added).
- Use fresh poultry, fish and lean meat, rather than canned or processed types.
- Use herbs, spices and salt-free seasoning blends in cooking and at the table. Cook rice, pasta and hot cereals without salt. Cut back on instant or flavored rice, pasta and cereal mixes, canned soups or broths and salad dressings.
- Rinse canned foods, such as tuna, to remove some sodium.
- When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.

HIGH-SALT FOODS

- Table salt (1 teaspoon provides about 2,000 mg of sodium)
- Seasonings that contain salt, such as celery salt, garlic salt, onion salt
- Sauerkraut, olives, pickles and relishes
- Canned soups not marked low sodium
- Breads and rolls with salted toppings
- Potato chips, corn chips, pretzels, saltines, salty crackers, salted popcorn
- Salty meats such as bacon, bologna, corned beef, hot dogs, ham
- Salty fish such as, anchovies, caviar, herring, sardines
- Processed cheese, cheese spreads, and cheeses like Roquefort, camembert, gorgonzola or parmesan
- Salted nuts
- Regular peanut butter
- Bouillon, catsup, chili sauces, monosodium glutamate, mustard, soy sauce, Worcestershire sauce
- Antacids containing sodium such as Alka Seltzer
- Baking soda toothpaste

ABOUT BOSTWICK LABORATORIES

Bostwick Laboratories® is a full-service reference laboratory specializing in uropathology.

Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

These internationally-renowned board-certified pathologists use the most technologically advanced testing available to ensure accuracy.

Our quick turnaround on reports affords you and your doctor the time you need to choose the best course of treatment.



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