



Chronic Kidney Disease

Reduce salt

Add flavour

Enjoy meals

Here's how

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Tart and sour flavours are the closest things to a "salt replacement" because its sharpness makes your mouth water in a similar way. So rather than adding more salt whilst cooking, try adding a little tart flavour to your meals.



Lemon, limes and their zest.



Tamarind paste - watch amount if you are limiting potassium



Mango powder (Amchoor)



Rice Vinegar gives tang



Balsamic vinegar gives richness



Worcester sauce
If you are vegan or vegetarian, this is made with anchoives (fish free versions are available



Red wine vinegar

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Pungent aromatics give a "bite" that mimics the sharpness of salt. Many can add heat and deep flavour, use granules and powder not the salts



Garlic pepper



Onion granules



Garlic powder



Zero salt stock cubes



Nutritional yeast adds a cheesy flavour



Mixed dried herbs



Mustard powder is lower in salt than the liquid jarred variety.



Smoked paprika

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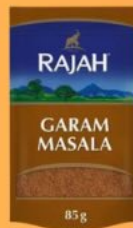
SouthAsian spices are the "heavy lifters" of the culinary world. They don't just add flavor; they manipulate how our taste buds perceive food. Spices fill those gaps by stimulating other sensory pathways.



Cinnamon



Asoefetida



Garam Masala



Tumeric powder



Cumin



Ground coriander



Red chilli powder



Kasmiri red chilli powder

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Fresh or dried herbs in any dish transforms the flavours giving it aromatic fragrance and an earthy flavour.



Coriander



Basil



Mint



Fenugreek



Parsley



Curry leaves



Dill



Bay leaf



Rosemary

This is not an exclusive list and there are many more wonderful herbs you can use

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Cooking from scratch can be one of the simplest ways to reduce salt in your diet.

Not every one can cook or have the time given the busy lives we lead.

With a little planning and help choosing very simple dishes like pasta or one pot meals to start with, it is possible.

Why not get the family involved especially young children and who knows there could be a budding Masterchef waiting!



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