

# Nutrition & Hypoparathyroidism

*SALT*

## Why should I watch my salt intake ?

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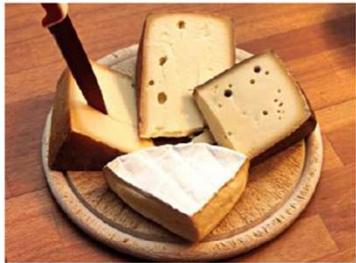
Salt commonly refers to sodium chloride (NaCl), particularly the sodium component.

Consuming excessive salt increases the amount of calcium excreted in your urine. This can contribute to lower blood calcium levels (hypocalcaemia) and increase the risk of developing kidney stones.

To accurately assess your salt intake, it is better to measure sodium levels in a 24-hour urine collection rather than relying on blood sodium levels. Blood sodium typically remains within the normal range in hypoparathyroidism, reflecting your hydration status and fluid intake.

# Where is salt hiding in our diet ?

Foods high in salt include:



**CHEESE**



**PROCESSED MEATS  
(COLD CUTS)**



**EFFERVESCENT  
MEDICATIONS AND  
BAKING POWDER**



**BREAD, SLICE BREADS  
AND PASTRIES**



**CANNED GOODS, BOXED  
SOUPS AND READY-  
MADE MEALS**



**SNACK FOODS LIKE  
CHIPS AND PARTY  
SNACKS**



**SALTED BUTTER AND  
MARGARINE**



**SHELLFISH,  
CRUSTACEANS,  
SMOKED SALMON AND  
SURIMI**



**CARBONATED  
WATERS  
( $>50$  mg NaCl/L)**



**CONDIMENTS  
(PICKLES, OLIVES,  
ETC.) AND SAUCES**

## How can I limit salt intake in my diet ?

- ❖ Limit natural salty foods:
  - Processed meats (once a week); shellfish and crustaceans (once every two weeks); choose fresh or frozen vegetables over canned ones
  - Avoir salty fizzy drinks like Vichy Célestin® or Vichy Saint Yorre®; opt for low-salt sparkling waters like San Pellegrino®, Salvetat®, or Perrier®
- ❖ No salt at the table
- ❖ Cook without adding salt
- ❖ Prefer unsalted butter over salted or half-salted butter
- ❖ Check food labels for salt content

TIPS :

*To add flavor to your meals, try using spices, herbs, and dried herbs.*

## Recommended salt intake

The recommended daily salt intake is **6 grams per day**. Please note that even when excluding added salt and salty foods, there are still about 2 grams of naturally occurring salt in the diet.

Therefore, to reach a total intake of 6 grams per day, you should limit yourself to about 4 grams of salt from table salt or salty foods.

0.5 g of salt

1 serving of cheese (30 g)  
15 g of lightly salted butter  
4 small or 2 large scallops  
5 crispbreads  
50 g of ready-made pie dough (1/4 pie)

1 g of salt

1/3 of a baguette (80 g) or 4 slices of bread  
2 large (or 4 small) slices of white bread  
1 pastry  
1 small slice of pâté (50 g)  
1 slice of ham  
6 thin slices of dry sausages (20 g)  
100 g of canned tuna  
30 g of smoked salmon  
6 oysters without water  
4 salted cooked shrimps  
500 g mussels  
½ cube of dehydrated broth  
1 small can of vegetable soup

1.5 g of salt

¼ pizza  
1 individual quiche

3.5 g of salt

½ can of prepared canned food (sauerkraut, cassoulet, ravioli...)

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