

# Healthy High Salt Diet Tips

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

Many people living with POTS and other forms of dysautonomia are advised by their doctors to consume a high salt diet to help manage their symptoms. While it may be tempting to eat processed foods that are high in salt, it's important to your overall health to obtain your increased salt intake using healthy nutritious foods. Many healthy high-salt foods are available in vegan, gluten-free, dairy-free and soy-free options to accommodate various dietary needs. This list includes some popular healthy high salt diet ideas. Please ask your doctor how many grams of salt you should be consuming each day to best meet your needs.

## Getting started

It may take a few weeks for your taste buds to get used to a higher salt diet, so try to slowly increase the amount of salt you add to your foods without making them taste unpleasant. In addition to increasing your salt intake with foods, you can use salt capsule supplements like Vitassium or oral hydration fluids like NormaLyte PURE. As a bonus, both companies donate 10% of sales from Vitassium and PURE to Dysautonomia International.

## Do I need iodized salt?

Most table salt has iodine added to it to help prevent thyroid disorders. If all of your increased salt comes from iodized table salt, you may end up with more iodine than you need. A good rule of thumb that many patients follow is to eat a normal amount of table salt, and then to consume your "extra" salt from non-iodized sources of salt like sea salt or kosher salt. Salt sold in the US will indicate whether it is iodized or not on the label.

## Do I need special salt?

While it can be fun trying different types of salt, there is no need to spend a lot of money on expensive gourmet salts. If you want to try gourmet salts, check out pink Himalayan salt, French sel gris, Hawaiian red alaea sea salt, Hawaiian black lava sea salt, or Bolivian rose salt. Flavored salts are fun too and easy to make at home. Experiment with garlic salt, merlot salt, chile lime salt, rosemary lemon salt, sriracha salt or vanilla salt.

## **Salty tricks and tips:**

- drink a mug of warm bouillon in the morning out of a coffee mug
- add soy sauce or tamari to *everything*!
- keep a can of V-8 in your purse or book bag
- keep the little salt packets from fast food places in your purse or book bag
- olive oil + salt is delicious on Italian bread, salads, roasted/grilled/steamed veggies
- larger grains of salt will get you more sodium consumption with less salt taste, and smaller grains of salt will add a saltier taste to your foods
- try drinking pickle juice, olive juice or doing straight up soy sauce or tamari shots
- buying salt in bulk is usually cheaper than buying smaller containers, and it doesn't go bad
- high salt diets cause the body to excrete more calcium, so making sure you have enough calcium and potassium intake will help keep your bones strong
- over time you won't have to measure your salt intake, you will learn to increase or decrease salt intake based on how you are feeling

## **Salt vs. Sodium – what’s the difference?**

Most dysautonomia experts recommend 8-10g of salt per day (ask your doctor what your specific needs are). Common table salt is about 99% sodium chloride, a naturally occurring mineral. According to the USDA, 1g of typical table salt contains 387.6mg of sodium. Different types of salt may contain slightly more or less sodium per gram, based on the density of the salt and shape of the salt grains. Multiple the number of grams of salt per day that your doctor recommended by 387.6 to get an approximation on the amount of sodium you should be consuming each day. For example, if you doctor recommended 8 grams of salt per day:

$8 \times 387.6 = 3101 \text{ mg of sodium per day}$  ← *this would be your daily sodium intake goal*

Do your own calculation here based on your doctor’s “grams of salt” recommendation:  
 \_\_\_\_\_ *grams of salt*  $\times 387.6 =$  \_\_\_\_\_ *mg of sodium is my daily sodium intake goal*

You can do this! According to the CDC, the average American adult consumes 3,300 mg of sodium per day. The NHS says that, on average, people in the UK consume 3,200 mg of sodium per day. But instead of getting this sodium from fast food and junk, you should try to get it from healthy sources. Here are some high salt foods to give you some inspiration.

<p><b>Pickled foods</b></p> <ul style="list-style-type: none"> <li>● pickles</li> <li>● relish</li> <li>● olives</li> <li>● capers</li> <li>● kimchi</li> </ul> <p><b>Canned fish</b></p> <ul style="list-style-type: none"> <li>● canned sardines</li> <li>● canned anchovies</li> <li>● canned tuna</li> <li>● canned salmon</li> </ul> <p><b>Juices</b></p> <ul style="list-style-type: none"> <li>● V-8</li> <li>● tomato juice</li> <li>● Clamato</li> <li>● carrot juice</li> </ul> <p><b>Cheeses</b></p> <ul style="list-style-type: none"> <li>● parmesan</li> <li>● romano</li> <li>● edam</li> <li>● feta</li> </ul> <p><b>Dips &amp; dressings:</b></p> <ul style="list-style-type: none"> <li>● yogurt/sour cream + salt + dill</li> <li>● olive oil + salt + herbs</li> <li>● ketchup + salt</li> <li>● guacamole + salt</li> <li>● salsa + salt</li> <li>● homemade buttermilk ranch dressing</li> </ul>	<p><b>Soups</b></p> <ul style="list-style-type: none"> <li>● gazpacho</li> <li>● veggie broth</li> <li>● chicken broth</li> <li>● beef broth</li> <li>● seafood broth</li> <li>● bone broth</li> <li>● bouillon cubes</li> <li>● chicken noodle or rice soup</li> <li>● minestrone</li> <li>● tomato soup</li> <li>● potato soup</li> <li>● cheddar broccoli soup</li> <li>● clam chowder</li> <li>● corn chowder</li> <li>● matzoh ball soup</li> <li>● Thai coconut curry soup</li> <li>● Italian wedding soup</li> <li>● Greek lemon chicken soup</li> <li>● miso soup</li> </ul> <p><b>Snacks &amp; Occasional Treats</b></p> <ul style="list-style-type: none"> <li>● salted nuts</li> <li>● nut butters + salt</li> <li>● beef jerky</li> <li>● tortilla chips</li> <li>● pretzels</li> <li>● popcorn</li> <li>● salted watermelon</li> <li>● dark chocolate + sea salt</li> <li>● caramel + sea salt</li> <li>● brownies + crunchy sea salt</li> <li>● salt bagels</li> </ul>	<p><b>Sauces</b></p> <ul style="list-style-type: none"> <li>● soy sauce</li> <li>● tamari</li> <li>● liquid aminos</li> <li>● honey mustard</li> <li>● tomato sauce</li> <li>● alfredo sauce</li> <li>● mole sauce</li> </ul> <p><b>Foods that taste good with lots of added salt:</b></p> <ul style="list-style-type: none"> <li>● ricotta stuffing in pasta, chicken breasts, or veggie lasanga</li> <li>● cottage cheese</li> <li>● eggs &amp; cheese omlettes</li> <li>● mashed or baked potatoes</li> <li>● potato salad</li> <li>● meats</li> <li>● veggies</li> <li>● pasta</li> <li>● rice</li> <li>● quinoa</li> <li>● Asian stir fry</li> <li>● teriyaki pineapple chicken</li> <li>● feta + kalmata olives on salad with olive oil+ salt dressing</li> <li>● gravy</li> <li>● yogurt sauce on grilled meats</li> <li>● bean or meat chili</li> <li>● cold soba noodles + snap peas + peanuts + soy sauce</li> </ul>
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