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## How to use the salts by the kidney disease patients



For Chronic Kidney Disease Patients the most important aspect to note is to maintain the salt intake. Because salt retains water in the body, which affects the kidney. Therefore, less than 1 gram of salt should be consumed with each meal. For example – For breakfast, 1 gram or lesser, this can be regulated by using 1 gram salt pouch which is widely available in supermarkets. And 1 gram or lesser for Lunch, and 1 gram or lesser for dinner. Secondly, the food should not be prepared for Chronic Kidney Patients. After boiling the vegetables with all the spices, etc., the water released from the vegetables, pulses, etc. should be discarded, tempering for the vegetables, pulses, etc. can be added after discarding the water released from the vegetables, salt can be mixed after tempering.