

Salt Substitutes

What is it?

- **Used-** to season foods
- **Used as a Substitute for Salt-** due to medical reason patient cannot use salt

Signs and Symptoms:

- **Hyperkalemia-** large amount of K⁺ is released from the reservoir cells when
 - large muscle cell destroyed- automobile accident/crash injury
 - severe burn
 - crack cocaine overdose
- **Rapid influx of K⁺-** into the bloodstream overwhelms the kidneys, can't excrete and becomes life-threatening

Brand Name/mg Na⁺ (sodium)/K⁺ (potassium)

Brand Name (.7 gms/1.4 t.)	mg. Na ⁺	mg K ⁺	meq K ⁺
Adolph's	2.75	1205	31
Adolph's Seasoned	2.75	849	22
Co-Salt	1.375	987	25
Diamond Crystal	1-2	1104	28
Featherweight	1-2	2	0
McCormick's	1-2	1170	30
Morton's	1.375	1250	32
Morton's Lite Salt	488	650	16
Mrs. Dash Original	0	10	highest of all = 15 mg. K
Papa Dash	180	0.03	0

Facts:

- **Most Salt Substitutes-** are high in Potassium (K⁺), do not use if a renal patient
- **Do not use without talking to your Health Care Provider and a RD**

What can I do?

- See your Health Care Provider
- See RD for help as needed
- See Food Fitness First™ RD on line for help

