



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)

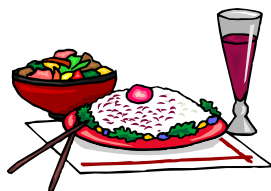
<u>Brand Name (.7 gms/1.4 t.):</u>	<u>mg. Na⁺</u>	<u>mg K⁺</u>	<u>meq K⁺</u>
*Adolph's	2.75	1205	31
*Adolph's Seasoned	2.75	849	22
*Co-Salt	1.375	987	25
*Diamond Crystal	1-2	1104	28
*Featherweight	1-2	2	0
*McCormick's	1-2	1170	30
*Morton's	1.375	1250	32
*Morton's Lite Salt	488	650	16
*Mrs. Dash Original	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 Physician and a RD



What can I do?

*See your Physician

*See RD for help as needed

*See FFF RD on line for help



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