

# SHAKE YOUR SALT HABIT!

**pkd** charity  
Polycystic Kidney Disease

Expert information and support for managing Polycystic Kidney Disease

## FURTHER SOURCES OF INFORMATION

### PKD Charity

[www.pkdcharity.org.uk/adpkd/life-with-adpkd/pkd-diet-and-lifestyle](http://www.pkdcharity.org.uk/adpkd/life-with-adpkd/pkd-diet-and-lifestyle)

### Action on Salt

[About us - Action on Salt](#)

### British Heart Foundation

[Sugar, salt and fat - Heart Matters magazine \(bhf.org.uk\)](#)

### North Bristol NHS Trust

[Educational videos on salt for kidney patients - YouTube](#)

## WHERE CAN I FIND LOWER SALT RECIPES?

<https://www.bbcgoodfood.com/recipes/collection/low-salt-recipes>

<https://www.diabetes.org.uk/guide-to-diabetes/recipes>

<https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/recipe-finder>

<https://www.nhs.uk/change4life/recipes>

<https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/recipes/>

## REFERENCES

<https://theconversation.com/salt-how-to-cut-back-without-losing-that-delicious-flavour-106405>

[www.pkdcharity.org.uk](http://www.pkdcharity.org.uk)



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