FREE GUIDE

21 low-sodium snacks for an Indian kitchen

What to eat between meals when you are watching your blood pressure — chana, makhana, chaas, chaat — with the honest catch on every one.

- ☐ 21 snacks, under 140 mg a serving
- ☐ read the packet in five seconds
- ☐ the one-page kirana shopping list
- ☐ three snack templates for real days



Why snacks are where sodium hides in an Indian kitchen

You have cut the salt in your dal. Maybe you taste the sabzi before the second pinch goes in. Good. But look at what else came into the house this week.

A papad. A spoon of achaar (pickle) on the side. A handful of namkeen (savoury mixture) with chai. Two slices of bread, one cheese slice. A packet of instant noodles with its tastemaker sachet. A ready masala packet for the paneer.

That is where the day's sodium sits. Not in the pinch you control, but in the foods that arrive already salted.

Some rough ranges, so you can see the scale. A single papad can carry roughly 200-400 mg sodium. A teaspoon of achaar can carry 100-300 mg. A 30 g handful of namkeen is often 150-300 mg. A slice of bread is typically 100-200 mg, and a cheese slice 200-400 mg. One packet of instant noodles with its sachet can run well past 800 mg. **Check your label, because brands vary.**

Add those up and you can pass a whole day's sodium budget without once reaching for the salt box.

Chai time decides the day

Breakfast is usually simple. Lunch and dinner come from your own kitchen, where you have some say.

The 4-6 pm gap is different. You are hungry, tired and a little irritable. The chai is hot. The packet is right there. Nobody is cooking. This is when the biscuits come out, then the mixture, then a second handful, and the day's sodium is settled before dinner is on the stove.

If you fix one part of your day, fix this one.

The rule this guide uses

Every snack in this guide meets one test: **at or under 140 mg sodium per serving.**

Read the serving line first. Not the front of the pack, not the big words. The serving line.

Here is the trap. Most Indian labels show sodium per 100 g. That is the manufacturer's way of comparing products, and 100 g is not a serving. It is a big pile of bhujia, far more than anyone eats at once. Look for "per serving" and the serving size in grams. Then check how many servings you actually eat. If the pack says 30 g per serving and you finish 60 g, double the number.

Don't trust front-of-pack words like "low salt", "light" or "healthy". They are not used here the way the US uses "low sodium", and they don't tell you the mg. Ignore the claim. Find the number.

Also, "roasted" does not mean unsalted. Roasted chana, roasted peanuts and roasted mixture can all be heavily salted. Only the label tells you.

One more thing, plainly: **kala namak (black salt), sendha namak (rock salt) and sea salt are all sodium.** They are the same as table salt where your blood pressure is concerned. Swapping one for another is not a saving. The sprinkle of chaat masala that "has no salt" often has kala namak in it. Read that too.

What a snack is actually for

A snack is not a reward and it is not a second dinner. It has three jobs:

- **Bridge the gap between meals**, so you are not ravenous when you sit down to eat.
- **Stop the namkeen packet.** A planned snack in your hand is harder to beat than willpower against an open bag.
- **Keep your blood sugar steady**, which matters if you also live with type 2 diabetes. A snack with some fibre or protein holds you better than plain biscuits and sweet chai.

If a snack does these three jobs and stays under 140 mg, it is doing its work.

The honest caveat: potassium

Many good low-sodium snacks are also high in potassium. Chana (chickpeas), rajma (kidney beans), dals, dairy, coconut water and banana all fall in this group.

For most people with high blood pressure, potassium-rich food is helpful. If you have **chronic kidney disease (CKD)**, it can be a problem. Your kidneys may not clear potassium well, and too much can be dangerous.

So in this guide, every snack that is high in potassium says so in "the catch." If you have CKD, or you aren't sure, take that list to your doctor or renal dietitian. They will set your limit. This guide won't give you a potassium number, because it can't know yours. Nothing here changes your medicines either. Take them as your doctor has told you.

How to use this guide

There are 21 snacks here. **Pick five. Not all of them.**

Choose the ones you can find at your kirana shop or sabzi mandi, that suit your stomach, and that you would actually enjoy at 5 pm. Skip the rest without guilt.

Then change one thing at a time. This week, swap the biscuits for one snack from your five. Next week, deal with the namkeen. After that, look at the papad.

Small changes you keep will do more than a perfect plan you drop by Thursday.

Start by reading the serving line on whatever is in your cupboard right now.

Read the packet in five seconds



Most Indian packets list sodium per 100 g. Almost nobody eats 100 g of anything from a small packet. So the number on the label is not the number going into your body. You have to do one small sum.

The sum

mg per 100 g × grams you will eat ÷ 100 = mg you will get

Example: a 30 g pack says 600 mg per 100 g. Then 600 × 30 ÷ 100 = about 180 mg for the whole pack.

Three steps:

1. Find the sodium line. Look for "sodium", not "salt". If it says salt, ask your dietitian how to convert it, or buy something else.
2. Find the pack weight, or the serving size the maker has chosen.
3. Do the sum for what you will really eat. If you will finish the pack, use the whole pack.

If you eat from a big packet, weigh a handful once on a kitchen scale. After that you will know what your "one bowl" is in grams.

The % RDA or % RDI shortcut

Some packets print a percentage next to sodium. It is a quick guide, but it is based on a general figure for the average adult, not on you. If your doctor has set a lower limit, the percentage looks kinder than it should. The mg number is more reliable because you can compare it with your own limit. Ask your doctor or dietitian what that limit is. Don't guess it.

Also check that the percentage is for the same amount you are eating. A tiny "serving" makes any packet look good.

Words that lie

Front-of-pack words are advertising. They do not tell you the milligrams.

- **"No added preservatives."** This says nothing about salt. Salt is often the main ingredient.
- **"Roasted, not fried."** Less oil, yes. Still salted, often heavily.
- **"Made with rock salt" or "sendha namak."** Kala namak (black salt), sendha namak (rock salt) and sea salt are all sodium. They are the same as table salt for your blood pressure. Switching the name does not switch the sodium.
- **"Diet" or "sugar free."** Often saltier, because the maker needs flavour from somewhere else. Read the mg.
- **"Homestyle."** A marketing word with no meaning on a label.
- **"Low sodium" on the front.** Do not trust the phrase. Turn the packet over and read the mg.

The four traps

1. The tastemaker sachet. Instant noodles, ready masala mixes and some namkeen packs come with a little sachet. It is often where most of the sodium sits. Check whether the label counts the sachet or only the noodles. Using half the sachet cuts the sodium roughly in half. Skipping it cuts more.

2. The small pack that is "2 servings." A 50 g pack that lists two servings looks gentle. But when did you last stop halfway through a packet? Multiply for the whole pack.

3. Papad and achaar as "just a side." One papad (lentil wafer) or a spoon of achaar (pickle) may not look like much. But both are made to be very salty, and they land on top of a meal that already has salt in it. Papad can often add something like 100-300 mg each, and a spoon of pickle can be similar or more. Check your label — brands vary. If you want them, make them rare, not daily.

4. Biscuits and cookies as "light." Salted biscuits, cream crackers, "digestive" and "jeera" biscuits feel light because they are dry and small. Several biscuits can add up, and many carry sodium from the dough and the topping. Bread, cheese slices and rusks hide salt the same way. Read the mg for the number you eat, not for one.

Worked example: namkeen with a masala sachet

This is an imagined packet, not a real brand. Your packet will differ. Check your label — brands vary.

The label says:

- Pack weight: 90 g
- "Servings per pack: 3" (so 30 g each)
- Sodium: 800 mg per 100 g
- A separate 5 g masala sachet, sodium listed as 300 mg per sachet

Step 1. The namkeen itself. 800 × 90 ÷ 100 = 720 mg for the whole pack. For one 30 g serving: 800 × 30 ÷ 100 = 240 mg.

Step 2. The sachet. If you tip it all on, add 300 mg.

Step 3. The honest total. Whole pack plus whole sachet: 720 + 300 = about 1,020 mg. That is one "snack" and it is a lot of sodium for one sitting.

Step 4. Make it smaller. One serving (240 mg), no sachet, is about a quarter of that. Put it in a bowl so you can see it. Do not eat from the packet.

Ask your doctor or dietitian how much sodium is right for you in a day. Then you can see where a snack like this fits. For many people it does not fit often.

The five-second check

Turn the packet over. Find sodium in mg. Find the weight. Do the sum. If a sachet is inside, add it or leave it out. That is the whole habit.

Savory and crunchy



Every sodium number below is a rough range for a sensible serving. Check your label, because brands vary. Many Indian labels show sodium per 100 g, and 100 g is not a serving. Work out what you actually eat. Also, kala namak (black salt), sendha namak (rock salt) and sea salt are all sodium, the same as table salt. Swapping one for another fixes nothing.

1. Bhuna chana (roasted chickpeas), unsalted

Sodium: about 5-15 mg per 30 g serving, if it is truly plain. Check your label, brands vary. **Why it works:** Chana has very little sodium on its own, and it is crunchy and filling, so a small bowl holds off the urge for namkeen. Buy it plain, not the masala-coated kind, and read the ingredients for "salt". **The catch:** Chana is high in potassium, so if you have CKD, ask your doctor or dietitian whether it suits you and how much.

2. Makhana (fox nuts), dry-roasted at home with black pepper and a little ghee

Sodium: about 0-10 mg per 30 g bowl when roasted at home with no salt. Check your label, brands vary. **Why it works:** Makhana is light and crisp and naturally almost free of sodium. Dry-roast it in a kadhai until it snaps, then toss with black pepper and a few drops of ghee. **The catch:** Packet makhana in flavours like pudina or peri-peri usually carries a lot of salt, so make your own, and keep the ghee to a few drops.

3. Roasted peanuts, unsalted, a small handful

Sodium: about 0-10 mg per 30 g handful. Check your label, brands vary. **Why it works:** Plain peanuts give you protein and healthy fat, and they keep you full for hours. Roast them at home on a tawa or buy them raw and roast them yourself. **The catch:** Peanuts are fairly high in potassium and phosphorus, so CKD readers should ask their doctor or dietitian about them, and the ready-roasted ones from a cone or packet are usually salted.

4. Moong sprout chaat with onion, tomato and lemon

Sodium: about 20-40 mg per 200 ml cup without chaat masala. One teaspoon of chaat masala can add roughly 200-500 mg or more. Check your label, brands vary. **Why it works:** Sprouted moong (green gram) is fresh and crunchy, and lemon, onion and tomato give plenty of flavour with no added salt. Use roasted jeera (cumin), black pepper and chilli powder instead of the masala. **The catch:** Chaat masala is mostly salt, often kala namak, so leave it out. Moong, tomato and lemon also bring potassium, which CKD readers should check with their doctor.

5. Dhokla, steamed at home

Sodium: about 150-300 mg for two pieces (about 80 g) if you cut the salt in the batter. Check your label, brands vary. **Why it works:** It is steamed, not fried, and the fermented besan (gram flour) batter gives you flavour that doesn't need much salt. Use less salt than the recipe says and add lemon juice. **The catch:** The green chutney is the real salt source, and so are the Eno or fruit salt (which contains sodium bicarbonate) and any shop-bought dhokla, so use a thin smear of homemade chutney made without salt, and use the fermentation, not Eno, to raise the batter.

6. Cucumber and carrot sticks with hung curd and roasted jeera

Sodium: about 40-80 mg per serving (about 100 g of vegetables with 50 g of curd). Check your label, brands vary. **Why it works:** Raw vegetables are very low in sodium, and curd hung in muslin for an hour becomes a thick dip. Roasted jeera powder and a squeeze of lemon give it flavour with no salt at all. **The catch:** Don't add black salt, rock salt or chaat masala to the dip, and remember that curd is dairy, so CKD readers should ask their doctor about the potassium and phosphorus in it.

7. Roasted sweet corn (bhutta) with lemon and chilli powder

Sodium: about 5-15 mg for one medium cob roasted plain. Check your label, brands vary. **Why it works:** Fresh corn is naturally sweet, and the smoky char from roasting over a flame gives you flavour without salt. Rub the cob with half a lemon dipped in a little chilli powder. **The catch:** The street-side version is rubbed with salt or masala and butter, so make it at home, and if you have diabetes, keep to one cob because corn is starchy.

Cold, fresh and easy



8. Chaas (spiced buttermilk) with roasted cumin, no salt added

Sodium: about 40-80 mg per 200 ml glass when you make it at home from plain dahi (curd) and water. Packaged chaas can run several times higher, so check your label — brands vary. **Why it works:** The flavour comes from bhuna jeera (roasted cumin), black pepper, a few curry leaves and fresh coriander, not from salt. Whisk about one part dahi with three parts water and you get a cooling drink with almost no added sodium. **The catch:** Don't reach for kala namak (black salt) or sendha namak (rock salt) to "fix" the taste. Both are sodium, the same as table salt, and sea salt is too. Dahi is also a fairly high potassium food, and so is chaas made from it. If you have kidney disease (CKD), ask your doctor or dietitian how much dairy suits you before you make this a daily drink. Shop-bought "masala chaas" in packets and tetra packs is the real salt trap here.

9. Plain dahi with grated cucumber and roasted jeera (a salt-free raita)

Sodium: about 50-90 mg per 100 g bowl (roughly half a cup). **Why it works:** Plain dahi is naturally low in sodium. Cucumber adds almost none and gives you crunch and water. Roasted jeera (cumin), a little black pepper and a squeeze of lemon carry the flavour. **The catch:** This is a dairy snack, so potassium and phosphorus count for CKD readers. Your doctor or dietitian can tell you your portion. Also watch the dahi itself. Some flavoured or "masala" dahi cups and ready raita packs add salt, so read the mg number on the label. Skip the boondi, because it is usually salted and fried.

10. Guava slices with chilli powder and lemon

Sodium: about 2-10 mg per 100-150 g (one small guava). **Why it works:** Fresh guava has almost no sodium and plenty of fibre. Lal mirch (red chilli powder) and lemon give you that chaat-style kick without any salt. **The catch:** The street-side version is the problem. The vendor's chaat masala usually contains kala namak and plain salt, so ask for it plain or make it at home. Guava has a moderate amount of potassium, so CKD readers should check portion size with their doctor. If you have diabetes, eat it as a snack on its own and don't turn it into a big bowl of fruit. Choose firm guava over very ripe.

11. Watermelon or muskmelon cubes with lemon

Sodium: about 1-10 mg per 150 g (a small bowl). **Why it works:** Both melons are mostly water, naturally very low in sodium, and cooling in the heat. A squeeze of lemon is all they need. **The catch:** No salt, no chaat masala. Many vendors sprinkle both. Melons also carry some potassium, and a big bowl adds up quickly. If your doctor has set a fluid limit, remember that melon counts as fluid too. The sugar is moderate, so people with diabetes should keep to a small bowl and watch their own readings.

12. One boiled egg with black pepper and lemon

Sodium: about 60-80 mg per large egg. **Why it works:** An egg is filling, has no added salt unless you put it there, and takes ten minutes to boil. Kali mirch (black pepper) and lemon make it taste finished. **The catch:** The salt shaker is the only danger, and the "egg with kala namak" habit. Skip both. Egg yolk also carries phosphorus, which matters in CKD, and some doctors want people with heart or kidney problems to limit yolks. Ask your doctor or dietitian whether you should eat the whole egg or only the white, and how often. Buy plain eggs and boil them yourself. Ready-to-eat masala eggs are often salted.

13. Sattu drink (roasted gram flour, water, lemon), mixed without salt

Sodium: about 5-20 mg per serving of two heaped tablespoons (around 30 g) mixed in a glass of water. Check your label — brands vary, since some packs are blended with salt or masala. **Why it works:** Sattu is roasted chana (chickpeas) ground to flour. On its own it is low in sodium, and it is filling, so one glass can hold you between meals. Lemon and a pinch of roasted jeera are enough flavour. **The catch:** The traditional glass is made with kala namak or sendha namak. Both are sodium. Leave them out. Sattu is also high in potassium and phosphorus because it is a legume. CKD readers must check with their doctor or dietitian first. It is also a carbohydrate, so people with diabetes should look at how it fits into their meal, not treat it as free.

14. Tender coconut water, and the honest potassium conversation

Sodium: about 50-200 mg per 200 ml glass, depending on the coconut. Packaged versions vary more, so check your label — brands vary. **Why it works:** Fresh nariyal pani (tender coconut water) has no added salt, no preservatives and very little fat. It is a real alternative to a sugary cold drink. **The catch:** This is one of the higher-potassium drinks you can buy. For many people with high blood pressure it is fine. For people with CKD, or on certain blood pressure or kidney medicines, it can be a problem. Do not decide this on your own, and don't assume "natural" means safe. Ask your doctor or dietitian whether it belongs in your plan, and how much. Packaged coconut water may also have added sugar or flavouring, which matters if you have diabetes.

Sweet, warm and after-dinner



15. A small bowl of dahi with a little jaggery

Sodium: about 30-60 mg per 100 g bowl (plain, home-set dahi, curd). Check your label if you buy packed dahi — brands vary. **Why it works:** Plain dahi has very little added salt, and a little gur (jaggery) gives sweetness without any salt. It feels like dessert and sits lightly after dinner. **The catch:** Dairy carries potassium and phosphorus. If you have CKD, ask your doctor or dietitian how much dahi suits you. Jaggery is still sugar, so if you have diabetes, keep it small and ask your care team how it fits. Skip flavoured or "masala" dahi tubs. Do not turn this into salted raita.

16. Shakarkandi (roasted sweet potato) chaat with lemon — no kala namak

Sodium: about 40-70 mg per 150 g serving. Check your label if you buy it pre-cooked — brands vary. **Why it works:** Shakarkandi is naturally low in sodium, and roasting brings out its sweetness. Lemon, black pepper and a pinch of red chilli give you flavour without salt. **The catch:** Kala namak (black salt), sendha namak (rock salt) and sea salt are all sodium, the same as table salt. The pinch of kala namak that makes chaat taste like chaat is salt. Chaat masala usually contains it, so leave the packet in the cupboard. Shakarkandi is also high in potassium, which matters if you have CKD. It is starchy too, so people with diabetes should watch the portion. Street-side vendors often salt it as they serve, so ask them not to.

17. Two dates with two walnut halves

Sodium: about 1-5 mg per serving. **Why it works:** Both are almost free of sodium. The dates are sweet and the walnuts add crunch and some fat, so you feel satisfied. **The catch:** Dates are high in potassium and concentrated in sugar. Walnuts bring some phosphorus. If you have CKD, ask your doctor or dietitian whether this fits and how often. If you have diabetes, stick to two dates and don't go back for more. Buy plain walnuts and dates. Avoid coated, salted or flavoured nut packs.

18. Papaya slices with lime

Sodium: about 5-15 mg per 150 g serving. **Why it works:** Ripe papaya is soft, sweet and nearly sodium-free, and lime makes it taste sharper and fresher. It is an easy way to end a meal when you want something light. **The catch:** Papaya has a moderate amount of potassium. People with CKD should check with their doctor or dietitian about portions. It also has natural sugar, so if you have diabetes, keep to a few slices and see how your readings respond. Don't sprinkle chaat masala or salt on top. That turns a safe snack into a salty one.

19. Warm milk with cardamom, unsweetened

Sodium: about 80-120 mg per 200 ml cup. Check your label — brands vary. **Why it works:** Plain milk has modest sodium, and elaichi (cardamom) gives it a warm, sweet smell without any sugar. It is a calm end to the evening. **The catch:** Milk is high in potassium and phosphorus, so CKD readers need their doctor's or dietitian's advice on how much is right. Don't add malt or health-drink powders. Many contain extra sodium as well as sugar. Read the mg number on the label. Don't trust words on the front.

20. Homemade chana and jaggery mix, portioned into small bowls

Sodium: about 10-30 mg per 30 g serving, if the chana is unsalted. Check your label if you buy it ready-roasted — brands vary. **Why it works:** You control the salt because you make it at home. Dry-roast plain chana (chickpeas), or boil it without salt, and mix in a few crumbs of gur. Putting it into small bowls stops you eating from the tin. **The catch:** Chana is high in potassium and phosphorus, so CKD readers should ask their doctor or dietitian about it. Jaggery adds sugar, and people with diabetes need to count it. Shop-bought "roasted chana" is often still salted, so "roasted" doesn't mean unsalted. Read the sodium per serving, not just the per-100 g column. A 100 g figure is not what you eat in one sitting.

21. Half a banana with a teaspoon of peanut butter

Sodium: about 10-30 mg per serving. Check your label — brands vary. **Why it works:** Banana has almost no sodium. Plain peanut butter with no added salt keeps the total low, and the peanut butter makes a small portion feel like a proper snack. **The catch:** Banana is one of the highest-potassium fruits. If you have CKD, this snack may not suit you, so ask your doctor or dietitian first. Peanut butter is the label trap. Many jars add salt and sugar, and the label may show sodium per 100 g, which is far more than a teaspoon. FSSAI doesn't use "low sodium" the way the US does, so read the mg number. Choose unsalted or no-added-salt, and keep to one teaspoon.

Rotate, don't hunt for perfect

Five of these, rotated through the week, beat twenty-one you never buy. Pick the ones that suit your sugar, your kidneys and your taste. Keep the ingredients in the kitchen so the easy choice is the right one. Then take the list to your doctor or dietitian and ask which ones are safe for you, and how much.

Snack math for a day



Most of your salt does not come from snacks. It comes from the roti, dal, sabzi, rice and whatever is added at the stove. So the snack budget is small. That is the point of choosing snacks that cost you almost nothing.

Here is a sample split for a day at 2,000-2,300 mg sodium. Your doctor or dietitian sets your real limit. If yours is lower, shrink every row.

Meal	Sodium range (mg)	What sits in it
Breakfast	450-550	Idli, dosa, poha or roti-sabzi, made with measured salt
Lunch	600-700	Roti, rice, dal, sabzi, salad
Dinner	600-700	Same pattern, lighter on rice
Snacks (2 a day)	150-300	The 21 snacks in this guide
Day total	**1,800-2,250**	

A packet of namkeen mixture or bhujia can use up the whole snack row in one sitting. Many people eat the whole packet. Two handfuls of plain makhana (fox nuts) cost almost nothing from that same row.

Check your label — brands vary. Many Indian labels show sodium per 100 g. That is not a serving. If you eat 30 g, divide the number by three or so before you decide.

The one-page shopping list

Buy only what the 21 snacks need. Take this to the shop.

Kirana and pulses - Makhana (fox nuts), plain - Chana (chickpeas): dry roasted unsalted bhuna chana, plus whole kala chana for sprouting - Whole moong (green gram) for sprouts - Raw peanuts, or peanuts labelled unsalted - Murmura (puffed rice), plain - Roasted jeera (cumin) powder, black pepper, red chilli powder, amchur (dry mango powder) - Unsalted nuts or seeds, if your doctor allows them

Skip ready chaat masala. It is mostly salt. This includes kala namak (black salt), sendha namak (rock salt) and sea salt. All of them are sodium, the same as table salt.

Sabzi and fruit - Cucumber, carrot, tomato, onion - Green chilli, coriander, mint, lemon - Apple, guava, papaya, pomegranate - Banana, only if your doctor says potassium is fine for you

Dairy - Plain dahi (curd), for chaas (spiced buttermilk) and dips - Milk for chai, if you take it

If you have CKD, dairy is high in potassium and phosphorus. Ask your doctor how much is right for you.

Freezer - None needed. Nothing in the 21 snacks calls for frozen or packaged food.

Three snack templates

Office or desk day - Pack a small steel dabba with 30 g plain makhana or unsalted bhuna chana, and one fruit. - Keep a bottle of water and a lemon at your desk. Do not rely on the canteen samosa. - Check your label — brands vary. If a packet says "roasted" but lists salt, it is not the one.

Chai time at home - Make chai with less sugar, and skip the biscuit. Have a handful of murmura bhel with onion, tomato, lemon and roasted jeera. - Or have sprouts chaat with cucumber and chilli. Use lemon, not chaat masala. - Keep papad and achaar (pickle) off the tray. They are the usual salt traps at this hour.

Travel and train journey - Carry your own: makhana, unsalted peanuts, an apple or guava, and cut cucumber in a box. - Avoid pantry-car bhujia, instant noodles, cheese slices and salted biscuits. - If you have kidney problems, carry less banana and peanuts than you would by habit. Ask your doctor.

Two weeks to switch



Nothing else changes. Same meals, same medicines, same routine.

Week 1: swap the evening namkeen. Wherever you reach for namkeen mixture, bhujia or salted peanuts, put makhana, unsalted bhuna chana or murmura bhel in the same bowl. Eat it at the same time and in the same chair. Keep the portion about the same, around 30 g.

Week 2: swap the chai-time biscuit. Replace the salted biscuit or rusk with fruit, cucumber or a small portion of sprouts. Keep the chai.

By the end of week 2, you will have cut the two biggest snack-time salt hits. If you are on diabetes or kidney advice, tell your doctor or dietitian what you swapped to. They can say if the portions suit you.

Frequently asked questions

Is papad really that high in salt? Yes. One papad can carry roughly 150-400 mg of sodium, and more if it is the masala kind. Check your label — brands vary.

Is kala namak or sendha namak lower in sodium? No. Kala namak, sendha namak and sea salt are all sodium, the same as table salt. Switching the name on the jar does not cut the salt.

Are makhana and bhuna chana actually low sodium? Plain makhana is often about 5-15 mg per 30 g, and unsalted bhuna chana is similar. Flavoured or salted versions can run into the hundreds. Read the mg number, not the front-of-pack words, because "low sodium" on an Indian pack does not follow the US rules. Chana is also high in potassium.

I have CKD. Which of these do I skip? I cannot tell you that, because your limits are personal. Chana, peanuts, banana, dairy, coconut water and some fruit are high in potassium, so ask your doctor or renal dietitian which ones fit.

Can I snack at night with diabetes? A small, plain snack like cucumber or a few makhana is usually gentler than namkeen or biscuits. Ask your doctor how late and how much suits your medicines and sugar readings.

What this guide is not

This guide is education, not medical advice. Your doctor or dietitian sets your targets for sodium, potassium, phosphorus and sugar.

If you want your meals planned as well as your snacks, the full DASH dinner cookbook from Hardy's Everyday Wellness (hardy4.tech) is the next step.