FREE GUIDE

21 low-sodium snacks that actually taste good

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

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



Why snacks are where sodium hides

Ask most people where their sodium comes from and they point at the salt shaker. Then they eat a handful of crackers, a cheese stick, a few slices of turkey straight from the deli pack, and a frozen snack at 9 p.m. None of that feels like "salt." All of it counts.

Snacks are the least-examined part of the day. Breakfast, lunch, and dinner get planned. Snacks get grabbed.

I'm a patient, not a clinician. I wrote this guide because I got tired of finding out, one label at a time, how much sodium was hiding in food I thought was fine.

The shaker is not the problem

More than 70% of the sodium in a typical American diet comes from packaged and restaurant food, according to CDC estimates. It does not come from the shaker on your table. You can hide the shaker in a cupboard and still go well over what your care team wants.

Here is what the snack aisle often looks like. These are rough ranges, and check your label, because brands vary:

- **Crackers:** typically 100-300 mg per serving, and a serving may be only 5-15 crackers.
- **Chips:** typically 100-250 mg per serving, which is often about one ounce.
- **Cheese:** roughly 150-450 mg per ounce, depending on the type.
- **Deli meat:** often 300-700 mg per 2-3 ounces.
- **Frozen snacks** like pizza rolls and mini egg rolls: typically 300-700 mg per serving, and the serving is smaller than you'd eat.

Add a couple of those to a day that already has three meals, and the number climbs fast.

The one rule this guide uses

A snack at or under **140 mg of sodium per serving**.

That is the FDA's "low sodium" line. It is not a magic number for your body. It is a clear, printed, regulated line you can check in the store without a calculator. If a package says "low sodium," it has to meet it.

Now the part people skip. **Read the serving-size line first.** Before you look at the sodium number, look at what one serving is. The sodium listed belongs to that serving, not the bag.

A package might say 130 mg. Good. Then you see the serving is 8 crackers, and you eat 24. That is about 390 mg, and you didn't notice. Serving size is the most common label trap there is. Check it first, every time.

What a snack is actually for

A snack is not a reward or a treat, and it is not filler. It has three jobs:

1. **Bridge the gap between meals** so you aren't starving when you sit down to dinner.
2. **Stop the 4 p.m. vending-machine decision.** That decision is made when you're tired and hungry, and the machine wins. A snack you planned beats one you panic-bought.
3. **Keep your blood sugar steadier.** This matters a lot if you also have type 2 diabetes. Long gaps and sugary grab-and-go food can swing things the wrong way. Ask your care team what snack timing and carb amounts make sense for you.

If a snack does those jobs and stays under the sodium line, it's a good snack.

Who this guide is for

You're watching sodium because of high blood pressure. Maybe you also have type 2 diabetes or chronic kidney disease. Many of us have more than one. This guide is for adults living with that, who want real food ideas and not a lecture.

Here is the honest caveat. **If you have CKD, sodium is only part of the picture.** Some low-sodium snacks are high in potassium, and some are higher in phosphorus. Fruit, nuts, and certain vegetables can fall into that group. Your care team sets your personal limits, based on your labs and your stage of kidney disease. I won't give you a number for either one, and nobody should hand you one without knowing your bloodwork.

Where a snack has a potassium catch, I say so right in the entry. Take that note to your dietitian or nephrologist and ask whether it fits your plan.

Nothing here replaces your care team's advice. It also isn't about your medicines. Never change those based on a guide like this one. Talk to your prescriber.

How to use this guide

There are 21 snacks in here. **Pick 5. Not 21.**

Trying to change everything at once is how people quit by Thursday. Instead:

1. Skim the snacks and circle the five that sound like food you'd really eat.
2. Choose **one swap** to start with. Maybe the chips in your desk drawer, or the deli-meat sandwich you eat standing up at the counter.
3. Make that swap for a week or two, until it's boring.
4. Then add the next one.

Every entry tells you what makes it low in sodium and gives you the honest catch, whether that's potassium, portion size, or a label trap. Pull out a pen and mark the ones you want to try.

Read the label in five seconds



The front of the package is advertising. The Nutrition Facts panel is the truth. You only need to check a few lines, and in this order.

Step 1: Serving size first

Look at the serving size before you look at sodium. Every number on the panel is for that one serving, and it may be smaller than what you actually eat.

Step 2: Sodium second

Find the sodium line. It's listed in milligrams (mg), with a %Daily Value next to it.

Step 3: Do the math

Multiply:

servings per container × sodium per serving = sodium in the whole package

If you eat the whole bag, the whole bag is your number.

The %Daily Value shortcut

The %Daily Value (%DV) is built on 2,300 mg of sodium a day. You don't need to memorize anything else:

- **5% or less** is low.
- **20% or more** is high.
- Anything in between is a judgment call. Think about what else you're eating that day.

One catch: 2,300 mg is the label's reference number, not your personal limit. If your care team gave you a different daily number, use theirs. If you don't have one, ask.

What "low sodium" legally means

These phrases have legal definitions, so you can trust them more than most front-of-pack claims:

- **Low sodium:** 140 mg or less per serving.
- **Very low sodium:** 35 mg or less per serving.

Notice the words "per serving." A low-sodium food in a huge portion can still add up.

The words that lie

Some label phrases sound great and mean less than you'd hope.

- **"Reduced sodium"** means at least 25% less than the regular version. If the regular version was very salty, the reduced one can still be high. Check the number.
- **"Light in sodium"** means about half the sodium of the regular version. Better, but still a comparison. Half of a lot is still a lot.
- **"Unsalted" or "no salt added"** means no salt was added during processing. The food's natural sodium is still there. Canned beans, tomato products, and some meats can start out higher than you'd guess.
- **"Sea salt"** is still sodium. Sea salt, kosher salt, pink salt, and "natural" salt all count the same on your blood pressure.

A related warning: many "salt substitutes" are made with potassium. That's not automatically a problem, but it can be one for some people with kidney disease or on certain medicines. Ask your care team before you use one.

The four label traps

1. The "healthy" front-of-pack claim. "Heart smart," "wholesome," "made with real ingredients," and "natural" are marketing, not sodium claims. Ignore the front. Flip the package over.

2. The small serving size. Some companies shrink the serving so the sodium number looks better. A serving of 10 crackers might be listed as 5. Ask yourself: is this the amount I'd actually eat?

3. The big bag with 3 servings. A bag that looks like one snack may hold two, three, or more servings. This is where most people get caught. Check "servings per container" every time.

4. "Keto," "paleo," and other diet labels. These describe carbs or ingredients, not sodium. A keto snack can be loaded with salt. Cured meats, cheese crisps, and seasoned nuts are common examples. Check your label, because brands vary.

Worked example: the bag of chips

You pick up a bag of chips. The front says "lightly salted." You flip it over and see:

- Serving size: 1 oz (about 15 chips)
- Servings per container: 3
- Sodium: 120 mg per serving (5% DV)

Here's the five-second read.

Serving size: 1 oz is a small handful. Be honest. Would you stop at 15 chips?

Sodium per serving: 120 mg is under 140 mg, so this qualifies as low sodium. The 5% DV agrees. On the surface, this looks like a good choice.

The math: 3 servings × 120 mg = **360 mg** for the whole bag. That's about 15% DV. Not a disaster, but it's three times what the front-of-panel number suggested.

What makes this one lower in sodium is that the recipe uses a light hand with salt. The honest catch is the portion. A "low sodium" label only helps if you eat the serving size. If you finish the bag while watching TV, you've eaten three servings. And the sodium number is just one piece of it. Chips may also bring potassium, depending on the type, which matters for some people with kidney disease. Ask your care team what's right for you.

Real numbers will differ by brand. Typical chips run roughly 100-250 mg per serving, so check your label. Brands vary.

Your five-second routine

1. **Serving size.** Is it realistic?
2. **Sodium per serving.** Is it 5% DV or less? Is it 140 mg or less?
3. **Servings per container.** Multiply.
4. **Ignore the front.** Words like "natural," "light," and "sea salt" aren't proof.

Do this a dozen times and it turns into a habit. After a few weeks, you'll spot a salty package from across the aisle.

Savory and crunchy



Crunch is the thing most of us miss first. Chips, crackers and salted nuts do the job because salt sits on the surface where your tongue hits it first. The snacks below get crunch from the food itself and flavor from spices, herbs and acid. Serving sizes are small on purpose. Sodium numbers are ranges, so check your label, because brands vary.

1. Air-popped popcorn with smoked paprika and garlic powder

Sodium: about 1-5 mg per 3 cups, plain. **Why it works:** Popcorn is a whole grain with almost no sodium until someone adds it. Smoked paprika gives a salty-smoky feel, and garlic powder (not garlic salt) adds punch. Mist the popcorn lightly with water or oil so the spices stick. **The catch:** Microwave bags, "movie theater" butter and pre-mixed seasoning blends can run into the hundreds of milligrams, so read the label for the word "salt" before you shake anything on.

2. Roasted chickpeas (rinsed, pat dry, oven or air fryer)

Sodium: about 100-250 mg per half cup if you rinse regular canned, or roughly 5-30 mg with no-salt-added cans. **Why it works:** Chickpeas are naturally low in sodium. Rinsing and draining washes off a good share of the canning salt, and drying them well is what makes them crunchy. Season with cumin, chili powder or black pepper after roasting. **The catch:** Rinsing removes only part of the salt, and chickpeas carry potassium and phosphorus, so ask your care team how much fits your plan if you have kidney disease.

3. Air-fryer zucchini or kale chips with rosemary

Sodium: about 10-30 mg per serving (a small zucchini or a couple of cups of raw kale). **Why it works:** Fresh vegetables are low in sodium to begin with. Thin slices dry out into chips, and rosemary, black pepper and a squeeze of lemon cover for the missing salt. Quick prep: slice thin, toss with a little oil, and air-fry until crisp. **The catch:** Kale is high in potassium for its size and shrinks so much that a whole bunch can vanish in one sitting, so portion it first and ask your care team if potassium is on your watch list.

4. Homemade tortilla chips from corn tortillas, with fresh salsa

Sodium: about 20-120 mg per serving (two tortillas cut into wedges, plus 2 tablespoons fresh salsa). **Why it works:** Plain corn tortillas are often made with little or no added salt, and baking the wedges makes them crisp. Fresh salsa gets its flavor from tomato, onion, cilantro, jalapeño and lime instead of salt. **The catch:** Jarred salsa is the trap, since it can add 100-250 mg per 2 tablespoons, and tortilla brands range widely, so compare labels and make the salsa fresh if you can.

5. Unsalted nuts and seeds (portion into small bags)

Sodium: about 0-5 mg per small handful (roughly an ounce). **Why it works:** Nuts and seeds have almost no natural sodium, and they bring crunch, fat and protein that keep you full. Bagging single portions ahead of time means you don't eat from the big container. **The catch:** They are calorie-dense and carry potassium and phosphorus, so portion size matters, and "lightly salted" is not the same as "unsalted," so look for "no salt added" on the front and the ingredient list.

6. Plain rice cakes with mashed avocado and lemon

Sodium: about 5-60 mg per serving (one or two rice cakes with a quarter of an avocado). **Why it works:** Plain puffed rice cakes can be very low in sodium, and avocado adds creamy richness. Lemon juice and black pepper sharpen the taste so you don't miss the salt. **The catch:** Many rice cakes are "lightly salted" or flavored, and avocado is high in potassium, so check the label and ask your care team about avocado if you have kidney disease.

7. Cucumber, carrot and pepper sticks with a yogurt-herb dip (no packet seasoning)

Sodium: about 30-100 mg per serving (a cup of raw vegetable sticks with 2 tablespoons dip). **Why it works:** Raw vegetables are low in sodium and give you real crunch. Plain yogurt mixed with fresh dill, chives, garlic and lemon makes a dip with flavor and no salt shaker. **The catch:** Ranch or dip seasoning packets can pack several hundred milligrams into a single serving, and yogurt and some vegetables add potassium and phosphorus, so keep the dip homemade and ask your care team about your own limits.

Fresh, cold and easy



8. Plain Greek yogurt with berries and cinnamon

Sodium: about 40-100 mg per ¾ cup of plain Greek yogurt, plus 0-5 mg from a handful of berries. Check your label — brands vary. **Why it works:** Plain yogurt has no added salt, and fruit and cinnamon have almost none. Cinnamon gives you sweetness you can smell without any sugar. **The catch:** Flavored and vanilla yogurts often carry a lot of added sugar, which matters if you also have type 2 diabetes. Buy plain and sweeten it yourself with berries. Dairy also has phosphorus, so if you have CKD, ask your care team how much dairy fits for you.

9. Cottage cheese with peach or pear

Sodium: about 15-100 mg per ½ cup for low-sodium or no-salt-added cottage cheese. Regular is typically 300-450 mg per ½ cup. Check your label — brands vary. **Why it works:** The no-salt-added versions skip the salt that normally goes into the curds. Fresh peach or pear adds almost no sodium. If you buy canned fruit, pick the kind packed in water or its own juice. **The catch:** Serving size is the trap. Labels list sodium for ½ cup, but a small tub is often a cup or more, and regular cottage cheese doubles up fast. Cottage cheese and peaches both carry potassium, and cottage cheese carries phosphorus. If you have CKD, ask your care team whether this snack fits and how much. Pears are generally lighter on potassium than peaches, but your team can say what matters for you.

10. Hard-boiled eggs with everything-but-the-salt seasoning

Sodium: about 60-75 mg per large egg. Salt-free seasoning adds roughly 0-10 mg per teaspoon. Check your label — brands vary. **Why it works:** An egg has a small amount of natural sodium and no added salt. Sesame, garlic, onion and poppy seed give it crunch and flavor. **The catch:** Many "everything bagel" blends contain salt, sometimes near the top of the ingredient list. Read the label and look for one that says salt-free. Pre-peeled, packaged eggs can come in salted brine too, so boil your own if you can. If you have CKD, ask your care team about eggs, since yolks hold phosphorus.

11. Apple slices with a spoon of peanut butter

Sodium: about 0-5 mg for a medium apple. Peanut butter runs about 0-5 mg per tablespoon if it's no-salt-added, and roughly 60-150 mg if it's regular. Check your label — brands vary. **Why it works:** An apple has almost no sodium. Peanut butter made from just peanuts has almost none either. The fiber and fat keep you full. **The catch:** Regular peanut butter has salt, and the label's serving is often two tablespoons, which doubles the number. Sweetened brands add sugar too. Stick to one spoon, and read the ingredients. Peanuts have some potassium and phosphorus, so check with your care team if you have CKD.

12. Frozen grapes

Sodium: about 1-5 mg per cup. Check your label — brands vary, though plain grapes should have nothing added. **Why it works:** It's just fruit. Freezing makes it slow to eat and a lot like candy. **The catch:** Grapes are sugary, so count them as carbs if you have diabetes, and keep the portion small. They have a fair amount of potassium for a snack, so ask your care team if you're on a limit. Whole frozen grapes are also a choking risk for small children, so keep them away from the grandkids.

13. Frozen berry "nice cream"

Sodium: about 1-10 mg per cup of frozen berries, blended. Check your label — brands vary. **Why it works:** Plain frozen berries have no added salt. Blended, they turn soft-serve thick with nothing else needed. **The catch:** Read the bag. Some frozen fruit has added sugar or syrup. The bigger trap is what you blend in. Store-bought almond milk can add 50-180 mg per cup, and protein powders can add more. Use a splash of water. Many nice cream recipes use banana, which is high in potassium, so if you're on a potassium limit, ask your care team before adding it. Berries still carry some potassium. Your team can tell you how much is right for you.

14. Edamame, steamed, with lemon and chili flakes

Sodium: about 5-15 mg per ½ cup of plain, unsalted edamame. Salted frozen packs and restaurant edamame can run 100-400 mg or more. Check your label — brands vary. **Why it works:** Plain soybeans have very little sodium. Lemon and chili flakes give you the kick people usually get from salt. **The catch:** Edamame has a real amount of potassium and phosphorus. If you have CKD, don't assume it's fine because it's a vegetable. Ask your care team whether it fits and how much. Also check the bag for "sea salt" or "seasoned," and check the chili flakes. Plain crushed pepper is fine, but some chili blends have salt added.

Sweet, warm and after-dinner



15. Dark chocolate with walnuts (two squares)

Sodium: about 1-20 mg per serving (two squares of chocolate plus a small handful of unsalted walnuts). Check your label — brands vary. **Why it works:** Plain dark chocolate and raw walnuts are both naturally very low in sodium. Nothing is added to them unless the maker adds it. Rich flavor means two squares feel like enough. **The catch:** Sea salt and salted caramel bars are everywhere now, and the label is the only way to tell. Chocolate also carries sugar, which matters if you have type 2 diabetes. Cocoa and nuts both bring potassium and phosphorus, so if you have kidney disease, ask your care team how often this fits.

16. No-bake oat and peanut butter bites made on Sunday

Sodium: about 5-60 mg per bite, depending on the peanut butter. Check your label — brands vary. **Why it works:** Rolled oats have almost no sodium. You control what goes in, so you can use no-salt-added peanut butter, a little honey, and cinnamon. A batch on Sunday means you grab one instead of something from a bag. **The catch:** Regular peanut butter can run roughly 70-150 mg per two tablespoons, and that adds up across a batch. Read the jar. These bites are also easy to eat four of, so roll them small and count what you eat. Peanut butter and oats are higher in potassium and phosphorus, which matters for kidney disease.

17. Baked apple with cinnamon and a spoon of yogurt

Sodium: about 5-30 mg per serving. Check your label — brands vary. **Why it works:** A fresh apple has almost no sodium, and baking it brings out sweetness so you don't need added sugar or salt. Cinnamon adds flavor for free. A spoonful of plain yogurt makes it feel like dessert. **The catch:** Flavored and vanilla yogurts often have more sugar, and sometimes more sodium, than plain. Stick with plain and check the label. An apple is a moderate-potassium fruit, which is usually fine, but ask your care team if you're on a kidney-friendly plan. If you manage blood sugar, skip the brown sugar and maple syrup.

18. Unsalted trail mix you build yourself (nuts, seeds, dried fruit)

Sodium: about 0-15 mg per quarter cup. Check your label — brands vary. **Why it works:** Raw or dry-roasted nuts and seeds with no salt added are naturally very low in sodium. When you build it yourself, you decide what goes in the bag. **The catch:** "Lightly salted" and "roasted with sea salt" still count as salted, and store-bought mixes often hide 50-200 mg or more per serving. Dried fruit is concentrated in sugar and potassium. Raisins, apricots and dates are the heavy hitters. Nuts and seeds are also dense in calories and phosphorus. Measure a small portion into a container instead of eating from the big bag, and ask your care team about fruit and nut limits that fit you.

19. Whole-grain toast with ricotta, honey and orange zest

Sodium: about 120-300 mg per serving. Check your label — brands vary. **Why it works:** Ricotta is mild and creamy, so a thin layer does the job of butter or cheese spread. Honey and fresh orange zest add sweetness and brightness, so you never reach for the salt. **The catch:** This is the highest-sodium entry in this section, and most of it comes from the bread. A single slice can run about 100-200 mg, and some loaves are higher. Compare labels and pick the lowest one you like. Ricotta varies too, so look for lower-sodium versions. Honey is still sugar, so keep it to a drizzle if you have diabetes. Dairy brings phosphorus, so ask your care team about portions if you have kidney disease.

20. Chia pudding with milk and vanilla

Sodium: about 40-120 mg per serving. Check your label — brands vary. **Why it works:** Chia seeds have very little sodium, and they swell into a pudding texture overnight with no cooking. Vanilla and cinnamon give it a dessert feel without added salt. The fiber helps you feel full. **The catch:** Most of the sodium comes from the milk. Dairy milk has about 100 mg per cup naturally, and some plant milks add salt or fortify with phosphorus additives. Read the label and choose unsweetened. Chia is also high in phosphorus and potassium, so if you have kidney disease, ask before making this a habit. If you've been told to limit fluids, remember that pudding counts.

21. Warm milk with cinnamon (the 9pm snack that also helps sleep)

Sodium: about 90-130 mg per cup. Check your label — brands vary. **Why it works:** Milk has a modest amount of natural sodium, and nothing else gets added. Cinnamon gives it sweetness and warmth without sugar. The science on milk helping sleep is thin, but the ritual works. A quiet, warm drink at the same time each night tells your body the day is over. **The catch:** Milk is a source of potassium and phosphorus, so people with kidney disease should check with their care team before making it nightly. A full cup late at night may also send you to the bathroom at 2am, so try a half cup. If you reach for honey, use a small amount, especially with diabetes.

Why rotate

Five of these, rotated through the week, beat twenty-one you never buy. You don't need a perfect list. You need a short one you'll actually keep in the house, with the labels read once and the portions decided ahead of time. Pick the five that fit your numbers and your taste, and bring the list to your next appointment so your care team can adjust it for you.

Snack math for a day



Most people think snacks are where sodium goes to die. They're not. A packaged snack can hold 150-400 mg in a few handfuls. A whole-food snack often holds under 50. That gap is your room.

Here is a simple split for a 2,000-2,300 mg day. These are ranges, not rules.

Part of day	Sodium range
Breakfast	400-450 mg
Lunch	550-650 mg
Dinner	600-700 mg
Snacks (two)	250-300 mg total
Buffer for sauces, bread, surprises	about 200 mg
Day total	**about 2,000-2,300 mg**

Two snacks at 50-150 mg each fit easily. That means you can eat in the afternoon and the evening and not feel like you're on a ration.

Your care team may set a lower number than 2,000-2,300. If they did, use theirs and shrink the rows to match.

The one-page shopping list

Print this. Everything here feeds the 21 snacks and nothing else.

Produce - Apples and pears - Bananas - Berries and grapes - Baby carrots, cucumbers, celery - Bell peppers - Lemons

Dairy - Plain Greek yogurt - Eggs - Swiss cheese (a lower-sodium cheese, check the label) - Low-sodium cottage cheese

Pantry - Unsalted nuts and seeds - Unsalted peanut butter (ingredients: peanuts, maybe nothing else) - Popcorn kernels - Unsalted rice cakes - No-salt-added canned chickpeas - Rolled oats - Cinnamon, garlic powder, salt-free herb blend

Freezer - Frozen berries, no sauce or sugar added - Unsalted shelled edamame

Read every label on the pantry and dairy items. Brands vary, and "natural" on the front tells you nothing about sodium.

Three snack templates

Desk day - Apple slices with a spoon of unsalted peanut butter. Sodium is usually 0-10 mg for the apple and a few mg for the peanut butter. The catch: the peanut butter portion creeps up fast. - Baby carrots and cucumber with a squeeze of lemon and a pinch of salt-free herb blend. Naturally low, often 20-60 mg for a big handful of carrots. - A small handful of unsalted nuts in a container, not the bag. Usually 0-5 mg. The catch: potassium and calories add up, so portion matters.

Couch and TV evening - Air-popped popcorn with cinnamon or garlic powder. Plain popcorn is often 1-5 mg per few cups. The catch: microwave bags and "movie butter" versions can run into hundreds of mg, so check your label. - Plain Greek yogurt with berries. Typically 50-100 mg per serving. The catch: dairy brings potassium and phosphorus. - Frozen grapes in a bowl. Close to zero sodium, and the bowl keeps you from eating from the bag.

On the road - A hard-boiled egg and a pear. An egg is usually 60-75 mg. Peel the egg at home so you don't need a salt packet. - Unsalted rice cake with a thin spread of unsalted peanut butter. Unsalted rice cakes are often 0-35 mg each, but check your label, brands vary. - A small bag of unsalted nuts and a banana. Easy to toss in a bag. The catch: both bring potassium.

Two weeks to switch



Don't rebuild your diet. Change two snacks. That's it.

Week 1: swap the afternoon snack. Pick one snack from the templates and eat it at your usual afternoon time. If you normally grab chips, crackers, or deli meat, replace only that. Write down what you ate and how you felt at 5 p.m. Hungry? Add a little protein next time.

Week 2: swap the evening one. Keep the new afternoon snack. Now replace your evening snack the same way. Don't touch breakfast, lunch, or dinner yet.

Nothing else changes. If a week goes sideways, repeat it. Slow works. Your taste buds adjust in a few weeks, and plain food starts tasting like food again.

Frequently asked questions

Are rice cakes actually low sodium? Unsalted plain ones usually are, often 0-35 mg each. Salted or flavored ones can run 50-150 mg or more, so check your label, brands vary.

Is cheese off the table? No, but it's a pick-your-spot food. Swiss is often on the lower end, roughly 30-80 mg per ounce, while processed slices and many hard cheeses can run 250-450 mg. Check your label, brands vary.

What about "sea salt" chips? Sea salt is still salt. Many small servings land around 100-190 mg, and most people eat more than one serving. Check your label, brands vary.

I have CKD. Which of these do I skip? I can't tell you that, because your limits are personal. The snacks to ask your care team or kidney dietitian about first are nuts, yogurt, cheese, edamame, chickpeas, bananas, and anything with dairy. Also avoid salt substitutes unless your team says yes, since many are made with potassium.

Can I snack at night with diabetes? Many people can, and a small snack with protein or fiber is often easier on blood sugar than a carb-only one. Ask your care team about timing and portion size, especially if you take medicine that can drop your sugar. Don't change any medicine on your own.

What this guide is not

This guide is education from a patient, not medical advice, and your care team sets your sodium, potassium, phosphorus, and carb targets. If you want the dinners planned too, grab the full 21-day DASH dinner cookbook from Hardy's Everyday Wellness at hardy4.tech.