



## Nutrition Tips

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# Salt-free Bread

### Lower sodium bread options

1. Trader Joe's 100% Whole Grain Fiber Bread with only 50 mg of sodium
2. Ezekiel's Low Sodium Sprouted Whole Grain bread
3. Sarah Lee 45 calorie bread
4. Ener-G Foods' gluten-free low-sodium breads. You can find this in your grocery baking aisle, or try [www.Ener-g.com](http://www.Ener-g.com)
5. Use sandwich thin type breads or snack-size bagels. Since they are smaller, they usually have less salt.
6. Try corn tortillas instead of flour, you can save over 400mg of sodium!
7. Bake your own tasty, low-sodium bread with a few simple ingredients. Recipe on back of this sheet.
8. Leave out the salt and use low sodium baking powder to make homemade biscuits, cornbread, pancakes, banana or zucchini bread

### Salt is hiding everywhere.

It's lurking in foods you eat daily that don't seem salty. One of the most significant sources of sodium in our diets is bread. Most bread has between 170-250 milligrams of salt per slice.

If you have a bagel at breakfast (500mg), a sandwich for lunch with two slices of bread(400mg) and a roll for dinner (200mg), you have eaten more than half of your sodium intake for a day (1500mg).

Look for lower salt breads. Shop wisely and read labels as brands vary a lot. If you buy bakery bread, ask if nutritional information is available.

A diet with too much salt can increase your blood pressure, cause high fluid gains, and increase your chances of cramping and feeling sick during and after your dialysis treatments.

You can lower your sodium intake more by choosing unsalted butter and using low-sodium baking powder or low-sodium baking soda when making biscuits or muffins at home.

You can find these at most health food stores, online, or in some grocery stores.

Ask your dietitian or check out the Northwest Kidney Center website,





Here's a quick and easy recipe using a fast-rise method. Watch the rising time carefully, since yeast works more quickly without salt. On a warm day, this will take even less time. Bread has risen when it still has a rounded appearance.

### Salt-Free Bread

2 1/2—3 cups unsifted flour

1 tablespoon sugar

1 package dry yeast

1 cup warm water

1 tablespoon oil

Mix 1 cup flour, sugar, and yeast in large mixing bowl. Add warm water and oil, then beat 2 minutes at medium mixer speed, or stir with a spoon about 200 times. Stir in the remaining 1 1/2 to 2 cups flour until dough is no longer sticky. Turn out on lightly floured board and knead until smooth and elastic, about 5 minutes. Put

dough in a greased bowl, then turn to grease the top of dough.

Cover and let rise in a warm place until doubled in size, about 30 minutes. Fold dough down - don't punch it. Shape into a loaf and put in a greased loaf pan for sandwich bread, or on a greased cookie sheet for a French-shaped loaf.

Cover with a clean cloth and let rise another 30 minutes, or until doubled. Check often. Bake in a 400-degree oven for about 30 minutes or until done. Remove from pan or sheet and cool on wire rack.

Nutritional Information per slice:  
67 calories, 1mg sodium, 2.3gm protein

### Try these variations with the Salt-Free Bread recipe for new tastes.

Italian herb	Add 1 teaspoon Italian seasoning and 1/2 teaspoon celery seeds with first cup of flour.
Fresh rosemary	Add 1/2 cup of finely chopped fresh rosemary with first cup of flour.
Sweet bread	Knead in 1 cup raisins or chopped nuts with 1 teaspoon cinnamon.
Dinner rolls	Spoon into greased muffin cups, fill half full. Let rise about 15 minutes, bake at 425 degrees for 10-15 minutes.
Cinnamon rolls	Shape dough into rectangle. Brush with salt-free melted butter, sprinkle with mixture of 1/4 cup sugar and 1 teaspoon cinnamon. Roll up jelly-roll style. Cut sections off and place in greased muffin tins or in a 9x9" greased pan.
Streusel coffee cake	After dough rises, pat to fit into greased round or square pan. Sprinkle streusel topping (1/3 cup flour, 1/3 cup sugar, 3 tablespoons salt-free butter). Cover and let rise until it doubles in size. Bake at 400 degrees for 25-30 minutes.
Half whole wheat bread	Start with 1 cup white flour, and use whole wheat flour for the remaining flour. You can add 1/2 cup rolled oats, cracked wheat, or any other whole grains or seeds.