

## SALT REPLACEMENT FOR MINERALOCORTICOID DEFICIENCY

Your doctor has recommended that your baby take extra salt. The following information will help you measure and give the salt accurately. You may need to try different methods to give your child the extra salt. So long as your child gets the amount of salt over 24 hours, it does not matter what method you use.

### HOW TO MEASURE THE CORRECT AMOUNT OF SALT

#### METHOD 1:

- Use a kitchen scale or digital spoon to measure the correct amount (in grams) of salt to 1 decimal point (for example "1.2 grams").
- Divide this into 4 equal portions and sprinkle onto a small of soft food, milk, or water that your child will finish before their meal/feed.
- OR, sprinkle small amounts of salt directly into child's mouth, and then follow with feed.

#### METHOD 2: RECIPE FOR 10% SALT SOLUTION

- Boil water for 2 minutes at a rolling boil. Pour 60 mL into a container. Add 1 level teaspoon of non-iodized table salt. Let cool before using. **This will last several days.**
- Keep this mixed salt solution in a closed container in the fridge.
- 1 gram of salt = 10 mL of this 10% salt solution.
- **Your Child's Daily Dose:** \_\_\_\_ grams of salt = \_\_\_\_ mL 10% salt solution.  
Divide the \_\_\_\_ mL into 4-6 portions to give throughout the day, mixed with a small amount of food, milk, or water before a meal/feed.
- *Option: You can use distilled water instead of boiled water*

#### Measurement Conversions:



1 teaspoon = 5 millilitres (mL)



1 ounce = 2 tablespoons or 30 millilitres (mL)



4 ounces = 8 tablespoons or  
 $\frac{1}{2}$  cup or 120 millilitres (mL)

See also our handout [Salt Replacement Chart](#)