

DIET FOR THE TREATMENT OF HEART FAILURE



Reason for Diet:

- ▶ To reduce the workload of the heart
- ▶ To decrease edema of the extremities
- ▶ To improve breathing in individuals with shortness of breath

Key Points:

- ❖ **DO NOT** add salt at the table or in cooking.
- ❖ Avoid processed and convenience foods.
- ❖ Read food labels. Replace products high in sodium with low-sodium versions when available.
- ❖ Reduce salt intake to 2000 - 3000 mg per day.
- ❖ The level of sodium restriction depends on individual needs and the severity of heart failure.
- ❖ A fluid restriction may be indicated with severe heart failure.



How long do I need to follow the diet for?

- ❖ It is recommended that these guidelines be followed and incorporated in daily dietary behaviors at all times.

Use the following Food List to help guide you

3000 mg Sodium Diet

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Milk, buttermilk (limit to 1 cup/day); eggnog; all fruit juices; low-sodium, salt-free vegetable juices; low-sodium carbonated beverages	Regular vegetable or tomato juices
Breads and Cereals 6-11 servings	Enriched white, wheat, rye, and pumpernickel bread, hard rolls and dinner rolls; muffins, cornbread; waffles, pancakes, biscuits; most dry and hot cereals; unsalted crackers and breadsticks	Breads, rolls, and crackers with salted tops; instant hot cereals
Desserts	All	None
Fats Use in moderation	Butter or margarine; vegetable oils; low-sodium salad dressing, other salad dressings in limited amounts; light, sour, and heavy cream	Salad dressings containing bacon fat, bacon bits, and salt pork; snack dips made with instant soup mixes or processed cheese
Fruits	All	None
Meat or Meat substitute	Any fresh or frozen beef, lamb, pork, poultry, fish, and most shellfish; canned tuna or salmon, rinsed eggs and egg substitutes; regular cheese, ricotta, and cream cheese (2 oz/day); low-sodium cheese as desired; cottage cheese, drained; regular yogurt; regular peanut butter; dried peas and beans; canned, drained/washed legumes; frozen dinners (<600 mg sodium/serving)	Any smoked, cured, salted, koshered, or canned meat, fish, or poultry including bacon, chipped beef, cold cuts, ham, hot dogs, sausage, sardines, anchovies, marinated herring, and pickled meats; frozen breaded meats; pickled eggs; processed cheese, cheese spreads and sauces; salted nuts
Potatoes and Substitutes	White or sweet potatoes; squash; enriched rice, barley, macaroni, spaghetti, noodles and other pasta; homemade bread stuffing	Commercially prepared potato, rice, and pasta mixes; commercial bread stuffing
Soups	Homemade broth, soups without added salt and made with allowed vegetables; reduced-sodium canned soups and broths; commercial canned and dehydrated soups, broths, and bouillon (once a week);	Canned or dehydrated regular soups (> once a week)
Vegetables	All fresh and frozen vegetables; canned, drained vegetables	Sauerkraut, pickled vegetables, and others prepared in brine; vegetables seasoned with ham, bacon, or salt pork
Miscellaneous	Salt substitute with physician's approval; pepper, herbs, spices; vinegar, catsup (1tbsp), mustard (1 tbsp), lemon or lime juice; hot pepper sauce; low-sodium baking powder; unsalted tortilla chips, pretzels, potato chips, popcorn, salsa (2 tbsp)	Any seasoning made with salt including garlic salt, celery salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; lite salt; meat tenderizers; monosodium glutamate; regular soy sauce, teriyaki sauce, most flavored vinegars; regular snack chips, olives

2000 mg Sodium Diet

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Milk (limit to 16 oz/day), buttermilk (limit to 1 cup per week) eggnog; all fruit juice; low-sodium, salt-free vegetable juices; low-sodium carbonated beverages	Malted milk, milkshake, chocolate milk; regular vegetable or tomato juices; commercially softened water used for drinking or cooking
Breads and Cereals	Enriched white, wheat, rye and pumpernickel bread, hard rolls, and dinner rolls; muffins, cornbread, and waffles; most dry cereals, cooked cereal with out added salt; unsalted crackers and breadsticks; low-sodium or homemade bread crumbs	Bread, rolls and crackers with salted tops; quick breads; instant hot cereals; pancakes; commercial bread stuffing; self-rising flour and biscuit mixes; commercial bread crumbs or cracker crumbs
Desserts and Sweets	All; desserts and sweets made with milk should be within allowance	Instant pudding mixes and cake mixes.
Fats	Butter or margarine; vegetable oils; unsalted salad dressing, regular salad dressings limited to 1 tbsp; light, sour and heavy cream	Regular salad dressings containing bacon fat, bacon bits, and salt pork; Caesar dressing, snack dips made with instant soup mixes or processed cheese
Fruits	Most fresh, frozen, and canned fruits	Fruits processed with salt or sodium-containing compounds (ie. Some dried fruits)
Meat and meat substitutes	Any fresh or frozen beef, lamb, pork, poultry, fish, and shrimp; canned tuna or salmon, rinsed; eggs and egg substitutes; low-sodium cheese including low-sodium ricotta and cream cheese; low-sodium cottage cheese; regular yogurt; low-sodium peanut butter; dried peas and beans; frozen dinners (<500 mg sodium/serving)	Any smoked, cured, lasted, koshered or canned meat, fish, or poultry including bacon, chipped beef, cold cuts, ham, hot dogs, sausage, sardines, anchovies, crab, lobster, imitation seafood, marinated herring and pickled meats; pickled eggs, regular hard and processed cheese, cheese spreads and sauces; salted nuts
Potato and potato substitutes	White or sweet potatoes; squash; enriched rice, barley, noodles, spaghetti, macaroni, and other pastas cooked without salt; homemade bread stuffing	Commercially prepared potato, rice, or pasta mixes; commercial bread stuffing
Soups	Low-sodium commercially canned and dehydrated soups, broths, and bouillons; homemade broth and soups without added salt and made with allowed vegetables; cream soups within milk allowance	Regular canned or dehydrated soups, broths, or bouillon
Vegetables	Fresh, frozen vegetables and low-sodium canned vegetables	Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine; frozen vegetables in sauces; vegetables seasoned with ham, bacon, or salt pork

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Miscellaneous	Salt substitute with physician's approval; pepper, herbs, spices; vinegar, lemon, or lime juice; hot pepper sauce; low-sodium soy sauce (1 tsp); low-sodium condiments (catsup, chili sauce, mustard); fresh ground horseradish; unsalted tortilla chips, pretzels, potato chips, popcorn, salsa (2 tbsp)	Any seasoning made with salt including celery salt, garlic salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; meat tenderizers; lite salt; monosodium glutamate; regular soy sauce, barbecue sauce, teriyaki sauce, steak sauce, Worcestershire sauce, and most flavored vinegars; canned gravy and mixes; regular condiments; salted snack foods; olives

SUGGESTED MENU PATTERN

Sodium Restricted Diet

Breakfast	Noon	Evening
½ cup fruit juice ¾ cup whole-grain cereal 2 slices enriched white toast 2 tsp. margarine 1 Tbsp. jelly 1 cup low-fat milk 1 cup 2% milk	Low-sodium vegetable soup (1 c.) Unsalted crackers (4) Lean beef patty (3 oz.) Hamburger bun (1) Mayonnaise (2 Tbsp) Sliced tomato and lettuce Fresh fruit salad (1/2 c.) Graham crackers (2) 1 cup 2% milk	Green salad Vinegar and oil dressing (1 Tbsp) Broiled skinless chicken breast (3oz) Herbed brown rice (1/2 c.) Steamed broccoli (1/2 cup) Whole-grain roll Margarine (2 Tbsp) Fruit sorbet (1/2 cup) Medium apple

Information adapted from *Manual of Clinical Dietetics*, American Dietetic Association, 6th Edition, © 2000

FYI:

1 teaspoon of salt
provides
2400 mg of sodium



TRY THESE OTHER SEASONINGS TO ADD FLAVOR

Herbs/Spices	Ways to Use Them
Basil	Egg, fish, tomato sauce, and vegetables
Bay leaves	Soups, stews, and boiled beef or pork
Caraway Seeds	Roast Pork, vegetables of the cabbage family, carrots, onions, and celery
Celery powder	Soups, salads, and deviled eggs
Curry Powder	Chicken, lamb, eggs, and rice
Dill	Salads, deviled eggs, chicken, and fish
Fennel	Pork, poultry, and seafood dishes
Garlic	Meats, stews, soups, and salads
Nutmeg	Apple dishes and vegetables
Onion powder	Meat, soups, stews and casseroles
Oregano	Italian dishes, stews, and soups
Paprika	For color; also aids in browning of roast chicken and turkey
Parsley	Eggs, soups, stews, and vegetables
Pepper, black	Salads, fish, meat, eggs, and vegetables
Pepper, red	Meats, sauces, gravies, eggs, fish, vegetable dishes, and stews
Rosemary	Potatoes, peas, squash, lamb, veal, duck, pork stews, and salmon
Sage	Stuffing, poultry, pork, lamb and veal
Thyme	Italian dishes, meat, and vegetables

FYI:
Certain over-the-counter medications can contain significant amounts of sodium. Make sure you check the label!



FOOD LABEL

The first place to start reading the food label is at the top. All the information on the label will be based on the **serving size**.

Ask yourself a few questions....Is this a serving that I will eat? Do I usually eat more than this or less?

Sodium is listed in milligrams. This number tells you how many mg of sodium are in this serving.

If you are following a 2000 mg sodium diet, one serving of this food will provide you with 180 mg of sodium.

Also look in the ingredient list for hidden terms for sodium such as, brine, monosodium glutamate, sodium bicarbonate, sodium nitrate and any ingredients with sodium in its name. Salt and other sodium ingredients are often added to foods during processing.

Don't be misled by sodium claims on food labels. Make sure you read the food label!

Nutrition Facts																									
Serving Size 8 wafers																									
Servings per Container 8																									
Amount Per Serving																									
Calories 130	Calories from fat 25																								
% Daily Value																									
Total Fat 3g	5%																								
Sodium 180mg	7%																								
Total Carb. 34g	8%																								
Dietary Fiber 4g	0%																								
Sugars 0g																									
Protein 3g																									
Vitamin A 0%	Calcium 0%																								
Iron 10%	Vitamin C 0%																								
<p>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Calories 2,000</th> <th style="text-align: center;">2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td style="text-align: center;">Less than 65g</td> <td style="text-align: center;">80g</td> </tr> <tr> <td>Sat. Fat</td> <td style="text-align: center;">Less than 20g</td> <td style="text-align: center;">25g</td> </tr> <tr> <td>Cholesterol</td> <td style="text-align: center;">Less than 300mg</td> <td style="text-align: center;">300mg</td> </tr> <tr> <td>Sodium</td> <td style="text-align: center;">Less than 2,400mg</td> <td style="text-align: center;">2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td style="text-align: center;">300g</td> <td style="text-align: center;">375g</td> </tr> <tr> <td>Dietary Fiber</td> <td style="text-align: center;">25g</td> <td style="text-align: center;">30g</td> </tr> <tr> <td>Protein</td> <td style="text-align: center;">50g</td> <td style="text-align: center;">60g</td> </tr> </tbody> </table>			Calories 2,000	2,500	Total Fat	Less than 65g	80g	Sat. Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g	Protein	50g	60g
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Sodium Claims on Labels:	What is really means
Sodium Free	Less than 5 mg of sodium per serving
Salt free	Meets requirements for sodium free
Low Sodium	140 mg sodium or less per serving
Very low sodium	35 mg or less sodium per serving
Reduced Sodium	At least 25% less sodium when compared with a reference food (regular version of that food)
Light in Sodium	50% less sodium per serving, restricted to foods with more than 40 calories per serving or more than 3 g of fat per serving
Unsalted, without added salt, No salt added	No salt is added during processing. The product it resembles and substitutes for is normally processed with salt. The label bears the statement "not a sodium free food" or "not for control of sodium on the diet" if the food is not sodium free.

HELPFUL HINTS FOR FLUID CONTROL

Your fluids are restricted to: _____ ml = _____ cups = _____ ounces per day

All foods contain some fluids; however, only those that are liquid at room temperature need to be counted. The following foods should be measured and counted as fluids:

Water (including that taken with pills)
Milk, Cream, Non-Dairy creamer
Vegetable juice
Alcohol
Ice cream, sherbet, frozen yogurt
Popsicles (1 double = 1/3 cup)

Coffee, Tea
Fruit Juice
Soda
Soups
Gelatin
Ice cubes



FLUID TABLE

1 quart	=	4 cups	=	32 ounces	=	980 ml
1 pint	=	2 cups	=	16 ounces	=	480 ml
		1 cup	=	8 ounces	=	240 ml
		1/2 cup	=	4 ounces	=	120 ml
		1/3 cup	=	3 ounces	=	80 ml
		1/4 cup	=	2 ounces	=	60 ml
2 tbsp	=	1/8 cup	=	1 ounce	=	30 ml
1 tbsp	=		=	1/2 ounce	=	15 ml

If you have any questions or concerns, please feel free to call Outpatient Nutrition Counseling at 577-2396 to speak with a Dietitian. We may recommend that you contact your physician for a referral to make an appointment with a Registered Dietitian who can personalize your meal plan.

To make an appointment with Outpatient Nutrition Counseling, please call
Central Scheduling at 577-2665.



A H I G H E R L E V E L O F C A R E

*A higher level of care is more than just words.
Our people make it happen everyday.*