

LOW SODIUM DIET FOR HEART FAILURE

PATIENT SELF-CARE GUIDELINES

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Why Follow a Low Sodium Diet?

- Heart failure causes your body to hold onto extra sodium and fluid.
- Sodium causes more fluid to build up in your body, which means your heart has to pump more fluid and work harder.
- You may see symptoms of fluid build up such as weight gain, shortness of breath, or swelling in your ankles, feet or belly.
- A low sodium diet can help you feel better and allow your heart failure medicines to work better. It may even keep you out of the hospital!
- Ask your provider what your sodium intake should be.

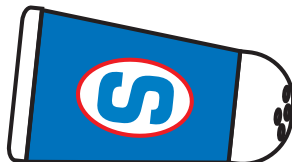
I should limit sodium to _____ mg per day.



How Do I Reduce Sodium in My Diet?

5 steps to reduce the amount of salt in your diet:

1. Stop adding salt to your food.
2. Choose low sodium versions of your favorite foods.
3. Eat foods that are naturally low in sodium.
4. Be a label reader!
5. Limit processed, preserved foods, and “fast foods”.



1. Stop Adding Salt to Your Food!

1 teaspoon of salt = 2300 mg of sodium!

1. Take the salt shaker off the table
2. Do not add salt when cooking
3. Use flavoring alternatives



Flavor Alternatives!

| | | |
|----------------|----------------------|--|
| Allspice | Dill | Paprika |
| Basil | Tabasco sauce (1tbs) | Pimento |
| Bay leaves | Thyme | Red pepper |
| Black pepper | Vinegar | Sage |
| Cayenne Pepper | Garlic powder | Salt substitute <i>(with MD approval)</i> |
| Celery powder | Ginger | Dry mustard |
| Chili powder | Lemon juice | Vanilla extract |
| Chives | Low sodium Ketchup | Fresh garlic |
| Coca powder | Nutmeg | |
| Cumin | Onion powder | |
| Curry | Oregano | |

2. Choose Low-sodium versions of your favorite foods

Consider getting a low-sodium cookbook.

 **CHOOSE THIS!**

 **NOT THIS**

Fresh or frozen vegetable

Canned vegetables

Herbs & other seasonings

Salt

Fresh fish, poultry & meat

Canned or processed meats

Unsalted popcorn or vanilla waffers

Pretzels or chips

Regular cooking oatmeal

Instant oatmeal

No salt added soups

canned soups

Fresh cucumber slices with dill sprinkled on top

Dill pickle

2% or skim milk

Buttermilk

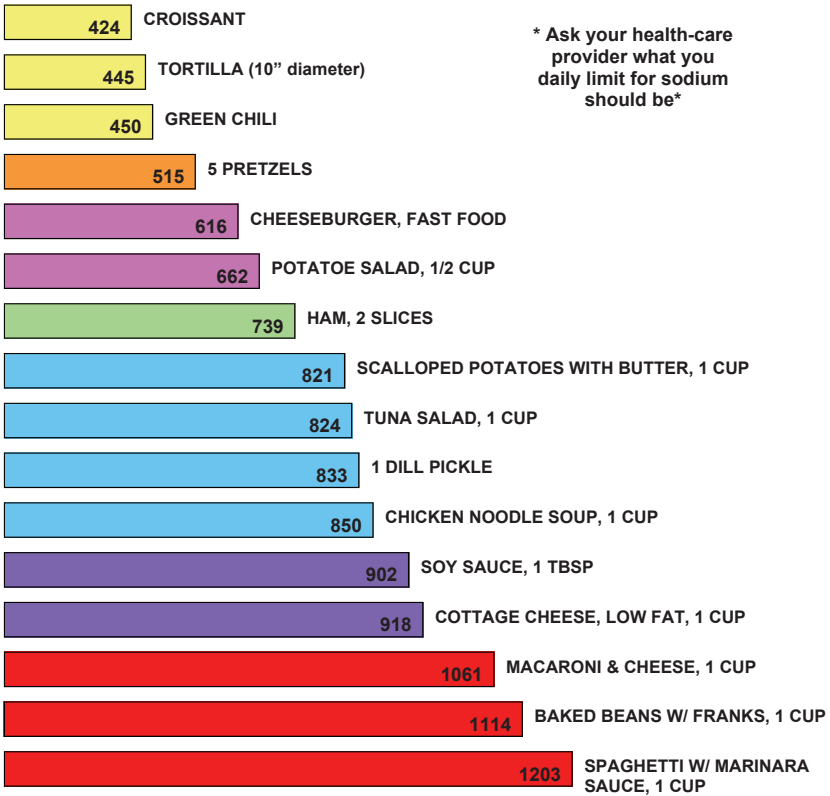
Instant pudding

All natural ice cream

Sodium Content of Popular Foods

BE CAREFUL WITH SODIUM.

Here are some popular foods and condiments that are very high in sodium. Generally, foods with 140 mg or more of sodium per serving are considered high in sodium.

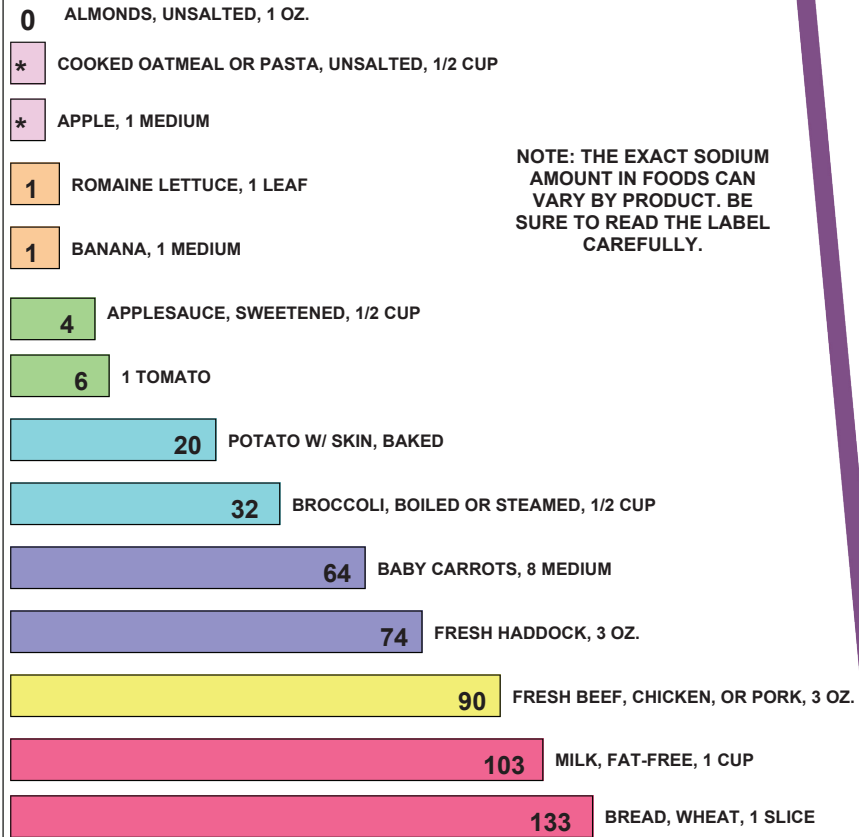


SODIUM CONTENT (in mg)

Sodium Content of Healthier Foods

TRY EATING A HEALTHIER DIET.

HERE ARE SOME FOODS THAT ARE RELATIVELY LOW IN SODIUM. GENERALLY, FOODS WITH LESS THAN 140 MG OF SODIUM PER SERVING ARE CONSIDERED LOW IN SODIUM.



NOTE: THE EXACT SODIUM AMOUNT IN FOODS CAN VARY BY PRODUCT. BE SURE TO READ THE LABEL CAREFULLY.

SODIUM CONTENT (in mg)

* TRACE AMOUNT

3. Eat Foods that are Naturally Low in Sodium

- Choose fresh foods like fresh fruits and vegetables, and fresh beef, pork, chicken and fish.
- Dried beans, peas, rice and lentils are naturally low in sodium. Don't add salt while cooking them!

Sodium (salt) is used to preserve many foods so that they last longer. Therefore, most pre-packaged or processed foods (frozen dinners, canned soup, boxed noodles or rice) are high in sodium.

4. Be a Label Reader!

1. Look at serving size — although the package may look small, it may contain more than one serving.
2. Look at the sodium content in milligrams.
 - Look for foods that have 250mg or less per serving.

1. Serving size

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

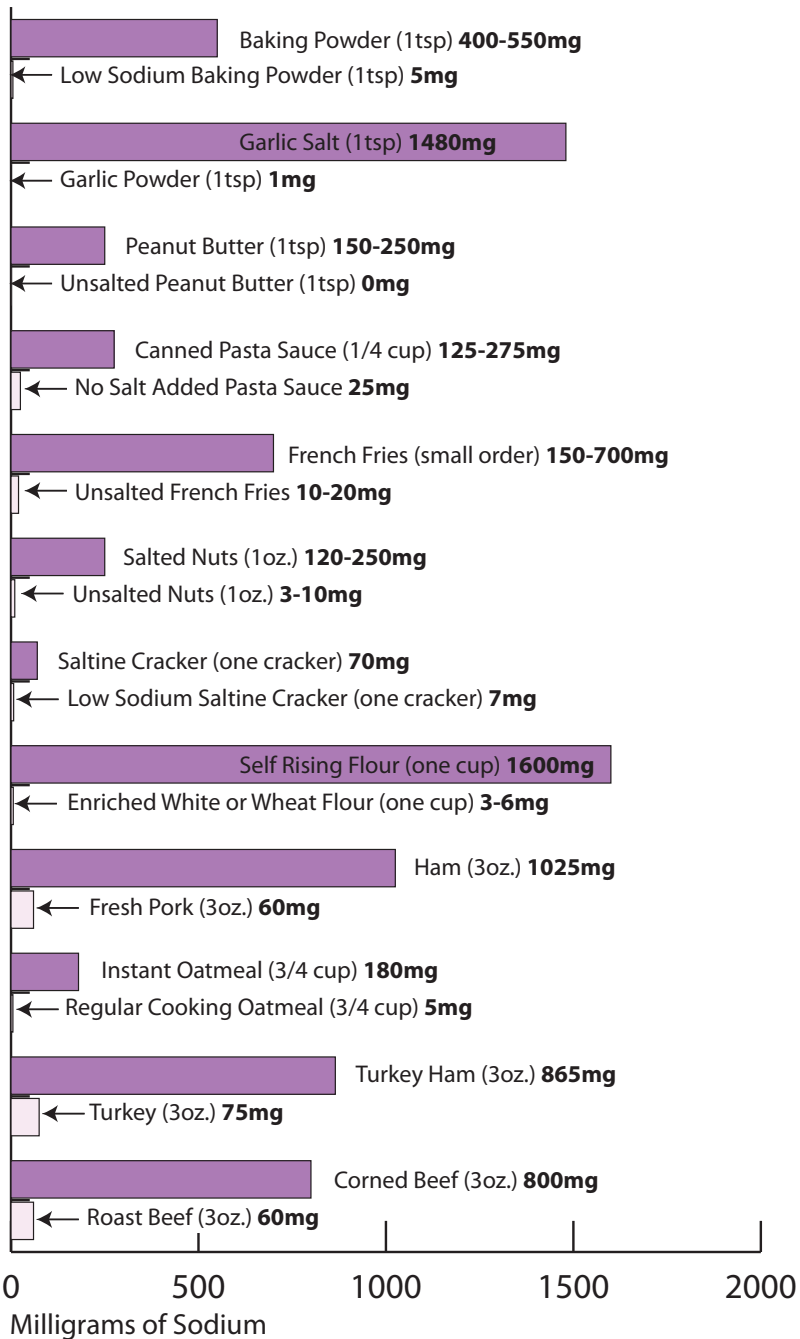
Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2. Sodium content

High Sodium Foods and Low Sodium Alternatives



5. Limit processed, preserved and “fast foods”

- Limit your sodium for other meals on the day you eat out.
- Request to have meals prepared without salt or MSG.
- Choose grilled, broiled or roasted meats, fish or poultry without sauces or gravy.
- Choose salads with dressing on the side, fruit or fresh vegetables.
- Choose ice cream or sherbert for dessert.
- Avoid bread or rolls with buttery crusts.
- Avoid rich pastries and desserts such as pies.

Healthy Snacks:

- Unsalted popcorn
- Unsalted nuts
- Crackers with unsalted tops and jelly or low sodium peanut butter.
- Fruit with low sodium cheese.
- Fresh vegetable and low sodium dip.
- Yogurt with fresh fruit

Additional Resources:

- Heart Failure Society of America (HFSA)
www.hfsa.org/heart_failure_education_modules.asp
- American Association of Heart Failure Nurses (AAHFN)
www.aahfnpatienteducation.com
- American Heart Association (AHA)
- www.heart.org/HEARTORG
Click on “Getting Healthy” (upper left on page)