

**Living with Heart Failure**  
*for Patients and Families*

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## What Is Heart Failure?

Heart failure, (HF) is a chronic condition. A chronic disease is one that is a long term problem. It can be treated and managed, but not cured. HF is the result of other disease processes. Heart failure occurs because your heart has been weakened by other diseases such as high blood pressure, blocked arteries, heart attack, and diabetes — just to name a few.

Your heart is a pump. It pumps blood throughout your body. When you have HF your heart does not pump strong enough to get blood to all parts of your body.

Because your heart muscle is not strong enough to pump blood forward, the blood begins to build up in other parts of your body such as your lungs, legs, ankles, stomach and feet.

Many tissues and organs may not receive the oxygen they need to function well. One of these is the kidney. When the kidneys do not receive good blood flow, they do not filter well and get rid of fluid. This causes blood and fluid to back up in the heart resulting in excess salt water entering the lungs and other body tissues.

Low thyroid function is also very common in heart failure patients. It needs to be treated immediately to reduce the increased chance of death. Causes of heart failure are :

- Coronary artery disease
- Previous heart attack
- High blood pressure
- Heart valve disease
- Infection of the heart itself
- Alcoholism
- Lung problems
- Congenital heart disease
- Other disorders of the heart muscle

## How You May Feel

As heart failure develops, you may notice some of these:

- Sudden weight gain  
*2-3 lbs overnight or 5 lbs in one week*
- Swelling of the legs, ankles, or feet

- Swelling in the belly (bloating)
- Trouble sleeping unless propped up on two or more pillows
- Shortness of breath  
*May be all of the time, with exertion, or only when waking up breathless at night*
- Frequent dry hacking cough  
*Most often when lying down*
- Loss of appetite
- Getting very tired from hardly any effort  
*Being tired is very common and could be caused by stress, depression, or other physical problems.*
- Short term memory loss

## How Heart Failure is Diagnosed

Your doctor makes the diagnosis of HF by your symptoms plus a physical examination. Your doctor may do an electrocardiogram (EKG), chest x-ray, echocardiogram (Echo), exercise stress test, MUGA Scan, or cardiac catheterization.

An EKG is an electrical recording of your heart. The recording is taken by wires attached to tape on your arms and legs. The machine will make a tracing of your heart's electrical rhythm. The doctor will be able to tell from the EKG if your heart is beating normal.

A chest x-ray will show if there is fluid build up around your heart and lungs. The chest x-ray will also help the doctor determine the size of your heart.

An echocardiogram is an ultrasound of the heart using sound waves. It will check the strength of your heart muscle and functions of the heart valves.

The exercise stress test will look at your heart rhythm while your heart is exercised. This is done on a treadmill or an exercise bike. This can also be done with medication while you are relaxing on a table or in a chair. An electrocardiogram tracing is made throughout the test. This will show changes on your hearts electrical pattern while you exercise.

The MUGA scan takes pictures that will tell how much blood your heart pumps with each beat. This result will let your doctor know how strong your heart is beating.

During the cardiac catheterization, your doctor is able to determine if your heart is pumping correctly as well as checking to make sure that your blood vessels in your heart are free from blockages. This is done by injecting a dye through a catheter placed in the groin or arm.

If your heart is not pumping correctly according to these tests your doctor will plan your treatment of care.

## Ejection Fraction

Ejection Fraction (EF) is the number your doctor or nurse practitioner uses to measure the strength of your heart pump or left ventricle. This is the number reported by the echo, MUGA scan, or cardiac catheterization. Normally 50-65% of blood is ejected (pumped) with each heartbeat. EF is a very important number to know if you are diagnosed with heart failure. Your ejection fraction can change throughout the course of your heart failure. The EF can be a way to measure if your medications and lifestyle changes are working for you. It is important to know your number.

**My Ejection Fraction (EF) is** \_\_\_\_\_  
**Date** \_\_\_\_\_

## How Heart Failure Is Treated

Heart failure is a serious disease that can affect how long you live. In most cases, heart failure cannot be cured, but it can be brought under control with careful work on your part. With the proper medications and careful management, you can live longer and feel better. These are changes you need to commit to daily.

- Take all your medicines exactly as prescribed by your doctor.
- Follow a low sodium (salt) diet.
- Measure your fluid intake.
- Weigh yourself daily and record.
- Reduce stress.
- If you smoke, QUIT!!
- Do not drink alcohol.

**If  
you  
smoke,  
QUIT!!**

- Remain physically active.
- Know the signs of worsening HF and notify your doctor or clinic.
- Keep regular appointments with your doctor or nurse practitioner.
- Some patients may be candidates for a pacemaker.

## Medications

Taking your medicine every day is necessary to control heart failure. Sometimes treatment will begin with two or more medicines.

It may take several days or weeks to find the right doses of your medicines. Be patient as you and your health care provider work together to find:

- The right medicines for you
- The right dose of each medicine
- The best time of day to take each medicine

The benefits of these medicines will be lost or reduced if you do not take your medicines as prescribed. Skipping doses or not refilling a medicine's prescription can cause serious problems. Do not take more than the prescribed dose of any medicine. Continue taking your medicines even when you feel better. You feel better because the medicines are working.

### Tips to keep track of your medicine:

- Get a pillbox with days of the week and times of the day on it (morning, noon, evening, bedtime). Fill the box at the beginning of each week.
- Link taking your medication with another daily behavior like brushing your teeth or eating a meal to help you remember to take your medicine.
- Do not wait until you run out of medications to call your doctor for refills. When you have seven days of medications left, call for refills. If you mail in prescriptions, allow 2-3 weeks for delivery of a new refill.
- Carry your pills when you travel and take extra pills with you.
- Always carry a list with names and doses of each medicine you take. Update your list when the medicine or dose changes.
- If you have any side effects from your medicines, call your doctor right away.

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## Medications for Treatment

There are many medications that are used to help control your symptoms of Heart Failure. Your doctor may choose to use one particular medication or a combination of many. Usually a combination of medications is more effective for treating heart failure symptoms. The different types of medicine that may be used to treat heart failure are listed below.

### Angiotensin Converting Enzyme (ACE) Inhibitors

ACE inhibitors help increase blood flow by blocking the production of hormones in your body that tighten blood vessels. They help lessen the amount of work the heart needs to do and keeps heart failure symptoms from getting worse. Low doses are used at first and then the dose may be increased.

Names of medicines in this group:

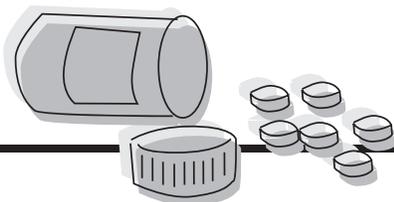
Accupril (Quinapril)  
Zestril, Prinivil (Lisinopril)  
Altace (Ramipril)  
Lotensin (Benazepril)  
Capoten (Captopril)  
Mavik (Trandolapril)  
Vasotec (Enalapril)  
Univasc (Moexipril)  
Monopril (Fosinopril)  
Other \_\_\_\_\_

Side effects that may be seen with these medications include dizziness, rash, weakness, cough, decreased ability to taste, and swelling of the face, tongue and/or lips. **If swelling of the face, tongue, and/or lips occurs, STOP the medicine right away and call your doctor or nurse.** This medication may also cause your potassium level in your blood to increase. Your potassium blood levels should be checked periodically.

### Angiotensin II Receptor Blocker (ARB)

Patients that cannot tolerate ACE inhibitors may be prescribed ARBs.

ARBs widen the blood vessels and help increase blood flow. They work like ACE inhibitors by blocking hormones in your body that can worsen heart failure.



Names of medicines in this group:

Atacand (Candesartan)  
Diovan (Valsartan)  
Avapro (Irbesartan)  
Hyzaar  
Benicar (Olmesartan)  
Other \_\_\_\_\_  
Cozaar (Losartan)

Side effects that may be seen with these medications include dizziness, weakness, and diarrhea. They are not associated with the side effect of coughing experienced by some patients who take ACE Inhibitors. For this reason, patients experiencing cough from ACE Inhibitors may be switched to an ARB.

At times an ARB may be used with an ACE Inhibitor

**ACE, ARB's and Beta Blockers decrease the progression of heart failure.**

### Beta Blockers

Beta blockers improve the heart's ability to relax by blocking certain hormones in the body. They slow progression of heart failure and improve symptoms. They also reduce blood pressure.

Names of medicines in this group:

Coreg (Carvedilol)  
Ziac (Bisoprolol, Zebeta)  
Metoprolol (Toprol-XL, Lopressor)  
Other \_\_\_\_\_

Side effects that may be seen with these medications include dizziness, slow heart rate, and fluid build-up. You may notice these when first starting a Beta Blocker or when increasing the dose.

ACE inhibitors, ARBs and Beta Blockers improve heart failure symptoms over time as well as help patients to live longer. Low doses are used at first and then the dose may be increased. When starting these medicines, clinic visits and/or telephone calls to your doctor or nurse practitioner are often needed. These drugs are often used along with diuretics (water pills) and digoxin.

## Diuretics (water pills)

With heart failure, your body can hold onto fluid. Diuretics, or water pills, help your kidneys remove salt and excessive water that may have built up in your body. That is when you may get “water” on your lungs and notice leg, ankle and feet swelling. You may also feel a sense of bloating in the belly. When there is less fluid for your heart to pump, your heart pumps easier.

Names of medicines in this group:

Bumex (Bumetanide)  
Zaroxolyn (Metolazone)  
Demadex (Torsemide)  
Lasix (Furosemide)  
HCTZ (hydrochlorothiazide)  
Other \_\_\_\_\_

Side effects that may be seen with these medications include dizziness, weakness and muscle cramps.

**Caution:** Taking extra diuretics without the approval of your doctor or nurse can be harmful to your kidneys, especially to a diabetic. Only take extra diuretics when directed by your health care provider.

If you have nausea/vomiting, diarrhea, or are unable to eat or drink, notify your health care provider as your diuretic may need to be adjusted before you become too dry (dehydrated).

**Diuretics are not a substitute for a low salt diet—you still need to reduce your salt intake.**

## Potassium Supplements

Potassium is lost from the body because of increased urination when taking diuretics. Potassium is needed in the body to help control your heart rhythm and is necessary for your muscles to function normally. If you are taking a diuretic, potassium levels in your body may be lower than normal. Potassium levels may also be increased by eating high-potassium foods such as bananas or by taking potassium supplements.

These supplements are found by these names:

Potassium  
Slow-K  
Klor-Con  
Micro-K  
K-Dur

Klotrix  
K-Lor  
K-lyte  
Other \_\_\_\_\_

## Digoxin

Digitalis (Digoxin, Lanoxin, Digitek, Lanoxicaps) can strengthen the heart muscle so it pumps better. It also helps control the rate and rhythm of your heart.

Digoxin may build up in your body causing the amount of the drug in your blood to be higher than normal. If this occurs, you may have one or more of these following symptoms: Loss of appetite, nausea and vomiting, diarrhea, abdominal pain and bloating, frequent headaches, changes in vision, and skipped heartbeats, pounding heart, or rapid heartbeat.

If you start having problems with nausea, vomiting, loss of appetite, or dizziness, contact your doctor.

## Aldosterone Inhibitors

Aldosterone inhibitors are diuretics, or water pills, which hold on to the potassium while getting rid of excess fluid in the body. Aldosterone is a hormone in the body that causes salt and fluid build-up. Aldosterone Inhibitors block this hormone and may prevent your heart failure from getting worse.

Names of medicines in this group:

Aldactone (Spironolactone)  
Inspra (Eplerenone)

Side effects that may be seen with these medications include high potassium and fatigue. Aldactone may cause enlargement or breast tenderness of one or both breasts in men.

## Vasodilators or Nitrates

These medications help to relax the blood vessels so blood flows more easily through the body. Vasodilators are given to treat heart failure for those who cannot take an ACE inhibitor or ARB. Nitrates are commonly prescribed for the treatment of chest pain also.

Names of medicines in this group:

Hydralazine (Apresoline)  
Imdur (Isosorbide mononitrate)  
Isosorbide dinitrate (Isordil, Isobid)  
Nitroglycerin

Side effects that may be seen with these medications include headache, numbness or tingling of the fingers or toes, flushing of the face or neck, and skin rash.

### **Intravenous (IV) Medicines**

When heart failure symptoms become very severe, IV medicines may be needed to help your heart beat stronger. They may be given while you are at the hospital or at home.

### **Inotropes**

These drugs stimulate the heart to beat more forcefully to pump out more blood. These are used with patients with severe heart failure to rapidly reduce the increased pressures in the heart and improve shortness of breath.

Names of medicines in this group:

- Dobutrex (Dobutamine)
- Primacor (Milrinone)

### **Natrecor® (Nesiritide)**

Natrecor is used to rapidly reduce the elevated pressures within the heart and improve shortness of breath.

Use of Natrecor is occasionally associated with side effects, such as low blood pressure, dizziness, and lightheadedness. If any of these symptoms occur, please alert your healthcare provider immediately. Be sure to ask your healthcare provider about Natrecor's potential side effects, and other treatment options for heart failure.

### **IV Diuretics**

IV diuretics are administered to quickly make you feel better by helping the body get rid of extra fluids and sodium that cause the congestion.

### **Over-the Counter-Drugs**

Some over-the-counter drugs contain lots of sodium. Look at the ingredients list and warning statements to see if sodium is listed. Especially check any antacid you may take. If in doubt, ask your pharmacist or doctor if the drug is appropriate for you.

Never take an herb without consulting your doctor or pharmacist!

## **Exercise**

### **Stop Being A Couch Potato. That Can Lead To Becoming A Cardiac Invalid!**

Exercise your heart to help strengthen your heart as a pump.

#### **Guidelines for Exercise**

- Always stretch before exercise to prepare your body for exercise.
- Exercise when you are well rested, take a brief rest after exercise.
- Delay exercise if you are ill, have a fever, or an infection. Wait until you are feeling better before resuming your exercise program, or when your doctor advises you.
- Slow down when climbing stairs or going up steep hills. Walk at a comfortable pace. You should be able to talk while exercising.
- Wait 1-2 hours after eating a meal to exercise.
- Do not take a shower for at least 15 minutes after exercising.
- Drink water before, during, and after exercise, especially in warmer weather.
- **Start Slow!** Exercising 5-10 minutes at a time, 3 times per week is recommended for the first week. When you feel stronger, you can increase your time until you reach 30 minutes 3-5 times per week.
- Gardening and housework are less intense activities, so you can do them for a longer time.
- Always cool down 5-10 minutes after exercising by walking slowly and easily.

**Always  
consult your  
doctor before  
starting an exercise  
program.**

#### **Benefits of Exercise**

- It lowers your blood pressure and heart rate so your heart does not have to pump as hard.
- It helps to promote weight loss, which also helps to decrease the pumping of the heart.
- It increases the circulation to your heart and legs.
- It improves your cholesterol levels.
- It helps prevent blood clots.
- It lowers blood sugar levels.

- It helps to relieve stress and acts as an emotional outlet.
- It decreases feelings of isolation and depression.
- As you become more active, you will have more energy for activities you enjoy such as hobbies and different types of recreation.
- It will give you more energy to do your job if you are still working.

### Walking

- Walk at a comfortable pace.
- Begin walking indoors. As you feel stronger, you can walk at a shopping mall, around your neighborhood, or on a track or walking trail.
  - Walk inside if the weather is too hot or too cold. The recommended temperature for outdoor exercise is between 40 and 75 degrees F.
    - Avoid walking where there is heavy traffic or polluted air from exhaust.
    - Wear comfortable loosefitting clothes and a good pair of walking shoes.



### Riding a Stationary Bike

- Sit upright without leaning forward on your arms.
- Adjust the seat so there is a slight bend in the knee when the pedal is closest to the floor.
- Set the tension at the easiest setting. Pedal at a comfortable pace.

### Warning Signs During Exercise

Slow down or stop exercising if you have any of the following symptoms:

- Pain, tightness, or discomfort in the chest, jaw, arms, neck, or back.
- Lightheadedness, dizziness, or confusion.
- Unusual shortness of breath.
- Increased fatigue.
- Unusual pain or discomfort in your muscles or joints.
- A little faster breathing and a little fatigue are good signs.

## Energy Conservation and Work Simplification

When you work efficiently, you reduce the strain on your heart and cardiovascular system. It lessens fatigue, shortness of breath, and back pain; prevents injury; and makes your energy go a long way. Here are some techniques you can apply to any every day task:

- **Plan activities ahead of time** to conserve your energy. Allow time so there is no need to rush, as rushing causes fatigue. Pace yourself — spread heavy and light tasks throughout the day.
- **Plan rest periods** throughout the day to prevent fatigue. If you get tired, no matter what you are doing, stop and rest (preferably in a reclining position if possible). Sitting at rest takes 1/3 more energy than lying still. When the body is resting, the heart works at about 1/10th of its capacity.
- **Sit to work to save energy.** Sit on a chair with a back support and keep feet flat on the floor or on a footrest for support.
- **Avoid lifting and pulling** things that are heavy. When handling lighter objects, **slide** — do not lift. **Push** — do not pull. Use wheels to transport items.
- **Use slow circular movements** during activity. Rhythmical flowing motions use less energy than back and forth movements in a line. Activities such as dusting, washing windows and ironing may be performed in this manner.
- **Pre-positioning Items at the point of first use.** Place items you want during the night on the nightstand next to the bed. Store things you use every day on the more convenient shelf to avoid stooping or stretching. Use labor saving devices.
- **Eliminate excessive bending, stooping and reaching** because they cause fatigue. Arrange storage and work place within easy reach so that these energy-consuming positions need not be used.

## Cardiac Resynchronization

Cardiac Resynchronization Therapy (CRT) is a pacemaker that helps both pumping chambers of the heart beat together in a more uniform pattern. It helps restore the heart's ability to pump blood and oxygen to the body by restoring the regularity and timing of the heart's electrical system.

The pacemaker generator is implanted under the skin, usually in the chest. There are three soft wires threaded thru the veins into the heart that direct the electrical impulse.

CRT is used in **combination** with medications, diet, and lifestyle changes. It is used to help reduce the worsening of heart failure symptoms and improve the quality of life.

## Immunizations

It is important that you stay current on your immunizations. These help maintain good health.

Pneumonia shots are needed one time after the age of 65. If you were vaccinated before the age of 65, you will need to be revaccinated once after you turn 65. This should be at least five years after the last vaccination. Before the age of 65, you should be vaccinated every five years .

## Lifestyle

### Daily Weights

Keeping a record of your weight is important to monitor if you are retaining fluid. Weigh yourself daily and write your weight down. If you gain 1-2 pounds in 24 hours and you do not have any other symptoms of worsening Heart Failure such as increased swelling or shortness of breath, monitor your sodium and fluid intake very carefully. If you gain 2-3 pounds overnight or 5 pounds in one week, call your doctor, the Heart Failure Clinic (if you attend the Heart Failure Clinic) or call a nurse. Rapid weight gain may be a sign that you are holding extra fluid in your body, and that your medications may need to be adjusted. It is best to weigh yourself first thing in the morning after you go to the bathroom, before you eat, and on the same scale. Try to wear the same type of clothing when weighing so that the weight of your clothing does not affect your true body weight.

### Just a Reminder!

Always weigh yourself at the same time every day with the same amount of clothing, on the same scale, and **AFTER** you urinate.

**Flu shots are needed annually.**

## Weight Loss

When you are carrying around too much weight on your body you are forcing your heart to pump faster and harder. Ask your doctor for the proper diet and exercises to help you to lose weight.

## Limiting Fluids

Too much fluid in your body can cause your heart to work harder in order to pump the extra fluid. Your weakened heart will become too tired and unable to handle the extra fluid. This causes fluid to be stored in the ankles, stomach, and lungs. Any food which is liquid or melts at room temperature is considered a fluid. Food items included are:

- Alcoholic beverages, beer, wine (check with physician)
- Broth and cream soups – the liquid portion, bouillon
- Coffee, decaffeinated coffee, tea, herbal tea, decaffeinated tea
- Carbonated beverages, fruit flavored drinks, sport-drinks
- Gelatin, ice cream, ice milk, Jello, sherbet, sorbet, fruit ice, popsicles
- Milk, cream, custard, liquid non-dairy creamer
- Supplements such as Boost, Carnation Instant Breakfast, Ensure
- Water
- Ice melts to half the measured amount (ex: 1 cup ice melts to 1/2 cup fluid)



***Always weigh yourself at the same time every day with the same amount of clothing, on the same scale, and AFTER you urinate.***

### To Help You Measure:

1 ounce = 30 ml

1 Tablespoon = 15ml = ½ ounce

¼ cup = 2 ounces = 60ml

½ cup = 4 ounces = 120ml

1 cup = 8 ounces = 240ml

4 cups = 32 ounces = 1 quart =

1000 ml = 1 liter

8 cups = 64 ounces = 2 quarts =

2000 ml = 2 liters



**Unless you are told otherwise, you should limit fluid intake to 8 cups per day.**

**Being very thirsty is also common. Even if you are thirsty, this does not mean that your body needs more fluid. You need to be careful NOT to replace the fluid that diuretics (water pills) have helped your body get rid of. Try using small amounts of sugar-free hard candy to help with a dry mouth, or chew gum.**

### Smoking

If you smoke it is important to quit. If you cannot quit, attempt to decrease as much as possible. Smoking damages your blood vessels and decreases the amount of oxygen in your blood. This makes your heart pump faster and harder.

- Nicotine in smoke temporarily increases the blood pressure, heart rate, the amount of blood pumped by the heart, and the blood flow in the arteries. It also causes the arteries in the arms and legs to narrow.

**Smoking is one of the Worst Cardiac Risk Factors**

- Carbon Monoxide gets in the blood and reduces the amount of oxygen available to the heart and other parts of the body.
- Three years after you quit smoking, your risk of death from heart attack is about the same as if you never smoked.
- If you smoke, you can contact your physician for smoking cessation information and classes, call the Freshstart Program at (859) 301-5570, or call (800) QUIT NOW (784-8669).

### Alcohol

Do not drink alcohol because it damages heart muscle cells and acts as a direct depressant on heart muscle. For many people, it can make your heart failure worse. Ask your doctor if it's okay for you to drink alcohol.

### Reducing Stress

Often times there may be extra stress in your life. Everyone handles stress differently. Listen to your body and mind.

Signs of stress are:

- Excessive worry
- Fear
- Tension
- Feelings of always on the edge or keyed up
- Restlessness
- Feeling shaky

Here are some tips to help relieve your stress.

- Exercise
- Listen to relaxation tapes or music
- Talk to a friend or family member
- Do deep breathing exercises

If you keep stress bottled up inside of you it may be dangerous. When you are under stress it may make your heart pump harder. Also, stress can increase your heart rate. Your blood pressure may increase. All of these combined can cause your symptoms to return.

### Decreasing Depression

Everyone feels down in the dumps or "blue" some of the time. If these symptoms persist, they can interfere with your ability to perform and enjoy daily activities. This can also interfere with relationships.

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It is important for your health that you take steps to manage these feelings. Learning how to manage your Heart Failure can often decrease the depression.

Signs of depression are:

- Feeling down
- Irritable
- Loss of interest in daily activities
- Withdrawing from family and friends
- Excessive sleepiness
- Feeling worthless
- Suicidal feelings or preoccupation with death

Tips to help you relieve depression are:

- Talk about these feelings with someone — family, friends, or a professional counselor or doctor.
- Ask your family and friends for support.
- Take a more active role in managing your heart failure.
- Exercise and increase your activity level. Try to get outside everyday, even for a few minutes for a change of scenery.
- Join a support group for heart disease to help you better cope with your feelings.
- Find a hobby or new activity to keep your mind off the symptoms.
- Discuss anti-depressant medication with your doctor.
- Treat yourself to something special: a movie, visit with a friend, or a phone call with a friend or family member.

### **Arthritis, Muscle and Joint Pain**

Many people with heart failure suffer from painful arthritis. Non-steroidal anti-inflammatory drugs (NSAIDs) are the drugs usually used to manage arthritis pain. Ibuprofen and Naprosyn products may be purchased over-the-counter.

NSAIDs may interact with your heart failure and blood pressure medicines. They can also affect your kidney function and can worsen your symptoms of heart failure.

It is preferable to use acetaminophen (Tylenol) to treat arthritis and muscle or joint pain. Remaining active and performing some exercise will also help reduce the painful symptoms.

*Ask your doctor or nurse about the best medication for you.*

### **Activity**

Plan your activities in advance. A little bit of activity is better than no activity at all. Stop and rest frequently when feeling tired or short of breath. You may have good days and bad days. Listen to your body. Do not push yourself.

### **Rest**

You need to get plenty of rest throughout the day. Resting also helps your heart muscle to rest.

### **Temperature**

Avoid extreme temperatures. If it is very hot and humid or very cold your heart needs to work harder. During a heat alert stay indoors with air-conditioning if possible. If it is freezing outside, stay indoors as well. Make sure you cover your mouth and nose with a mask or scarf when temperatures reach 32 degrees or less. This is necessary so that you breathe in warm air. Cold air will cause your arteries to narrow which could cause chest pain or shortness of breath.

### **Clothing**

Always wear loose fitting clothing. If you wear tight fitting clothing or clothing with elastic, your blood flow may slow down and cause swelling in your feet and ankles. This may also form a blood clot which can move into your lungs, heart or brain. A blood clot can cause a stroke or heart attack. Make sure you wear loose fitting socks!

### **Driving**

There are no set rules for driving for patients with Heart Failure. Physical or mental changes that would impair the ability to drive must be taken into consideration. Fatigue, decreased alertness, confusion or memory lapses are concerns for the patient's safety and ability to drive.

### **Financial Matters**

Sometimes a patient with Heart Failure may have trouble following their treatment plan due to financial problems. They worry about doctor and clinic fees, medication, equipment (oxygen, walker, etc.), and special foods for their diet. Patients need to relate this information to their health care provider to see if there is assistance available.



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## Follow-Up Appointments

It is important to keep regular appointments with your doctor, nurse practitioner or HF Center. They will be able to monitor your symptoms closely, and make appropriate changes.

What to bring to your appointment:

- Weight chart, also blood pressure or blood sugar chart if you check these at home
- All medications and your heart failure book
- Concerns you have about side effects from medications, seem to be urinating less often, feeling of depression or anxiety

## Symptoms of When To Call Your Doctor or HF Center Nurse

- Your breathing becomes more difficult (call 911 if severe).
- You feel more tired and weak.
- You have a hard time breathing when you lie flat, and you have to sit up to sleep.
- You have a weight gain of more than 2-3 pounds overnight or 5 pounds in one week.
- You experience dizziness or fainting spells.
- Your chest becomes tight or you experience chest pain. (Call 911 if chest pain is severe and/or lasts for longer than 15 minutes.)
- Your legs, ankles, stomach and feet are more swollen than usual.
- You become nauseated and cannot take your medications.
- You take more medication than your doctor ordered.
- You have cramps in your legs.
- You have a feeling of fullness (bloating) and/or loss of appetite.
- Your heart is beating fast (120 beats per minute or more).
- Your heart is beating slow (50 beats per minute or less).
- You feel that your heart is skipping beats or beating irregular.



## How Much Sodium Do You Need?

Too much sodium in the diet worsens the symptoms of heart failure. Over half of the sodium we take in is in processed foods; the rest comes from the salt we add to foods in cooking and at the table.

You need sodium in your diet, but far less than most Americans consume. In its recently published *Recommended Dietary Allowances*, the National Academy of Sciences suggests 500 milligrams of sodium a day as a safe minimum intake (less than ¼ teaspoon salt). The FDA actually recommends that EVERYONE limit their sodium intake to 1500 mg per day. However, the average American consumes upwards of 5,000 milligrams of sodium a day. It is reasonable, then, to recommend that we limit sodium intake to about 2,000 milligrams per day, a substantial reduction from the typical American diet.

**\*Limit the amount of sodium to 2,000 milligrams a day.**

### Sodium Compounds to Avoid:

- Salt (sodium chloride) – used in cooking or at the table; used in canning and preserving.
- Monosodium glutamate (also called MSG) – A seasoning used in home, restaurant and hotel cooking and in many packaged, canned and frozen foods.

- Baking soda (sodium bicarbonate) — sometimes used to leaven breads and cakes; sometimes added to vegetables in cooking; used as alkalizer for indigestion.
- Baking powder — used to leaven quick breads and cakes.

You may request to speak to a dietitian.

Other sodium compounds include:

- Disodium phosphate – found in some quickcooking cereals and processed cheeses.
- Sodium alginate – used in many chocolate milks and ice creams to make a smooth mixture.
- Sodium benzoate – used as a preservative in many condiments such as relishes, sauces and salad dressings.
- Sodium hydroxide – used in food processing to soften and loosen skins of ripe olives and certain fruits and vegetables.
- Sodium nitrite – used in cured meats and sausages.
- Sodium propionate – used in pasteurized cheese and in some breads and cakes to inhibit growth of molds.
- Sodium sulfite – used to bleach certain fruits such as maraschino cherries and glazed or crystallized fruits that are to be artificially colored; also used as a preservative in some dried fruits such as prunes.

### Over-the-Counter Drugs –

Some over-the counter drugs contain lots of sodium. Make a habit of carefully reading the labels of all over-the-counter drugs. Look at the ingredients list and warning statements to see if sodium is listed. A statement of sodium content must appear on labels of antacids containing 5 milligrams or more per dosage unit (tablet, teaspoon). Some companies produce low-sodium over-the-counter products. If in doubt, ask your physician or pharmacist if the drug is appropriate for you.

**Look  
for sodium  
content in  
medications.**

## What's Your Sodium IQ?

To see what you know about sodium and your diet, take this true-or-false quiz.

1. Sodium information is provided on nutrition labels of many foods.
2. One way to decrease your sodium intake is to use onion powder and garlic powder instead of table salt.
3. Many canned and commercially prepared foods have sodium added.
4. To reduce sodium, avoid condiments such as soy sauce, pickles, and relishes, and use very small portions of things like mustard and salad dressings.
5. Most foods in the same food group, such as milk and cheese, can vary widely in their amounts of sodium.
6. Sodium may be added to processed foods as a preservative as well as a flavoring agent.
7. Salt substitutes are a good idea for some people trying to reduce sodium intake, but you must ask your doctor if it is right for you.
8. You cannot always tell how much sodium a product contains by tasting it.
9. Preference for the taste of salt is learned, but can be changed with practice.
10. Many recipes can be prepared with less salt without affecting their acceptability.
11. Some medications, like antacids, are high in sodium.

1 teaspoon salt contains 2,400 milligrams sodium

1/2 teaspoon salt contains 1,200 milligrams sodium

1/4 teaspoon salt contains 600 milligrams sodium

**Answers on following page**

## Tips on Reducing Sodium in Your Diet

### At the Store:

- Read labels on processed foods to identify the sodium content of a serving.
- Select fresh or plain frozen vegetables and meals instead of those canned with salt.

- Look for “low sodium” or “reduced sodium,” or “no sodium added” versions of such foods as:
  - canned vegetables, vegetable juices
  - dried soup mixes, bouillon condiments (catsup, soy sauce)
  - snack foods (chips, nuts, pretzels)
  - crackers and bakery products
  - canned soups
  - butter, margarine cheeses
  - canned tuna
  - processed meats

### In the Kitchen:

- Learn to identify foods that are low in sodium so you can plan meals that contain less sodium and choose recipes that contain only limited amounts of high-sodium ingredients
- Cook rice, pasta, and hot cereals without salt. Flavored rice, pasta, and cereal mixes generally contain added salt. Adjust your recipes, gradually cutting down on the amount of salt.
- If some of the ingredients already contain salt, such as canned soup, canned vegetables, or cheese, you do not need to add more salt.

### At the Table:

- Choose foods without sauces. Ask for salad dressings and sauces to be served on the side so you can control the amount you use.
- Ask to have food prepared without added salt.
- Try to balance your meal to keep sodium levels moderate. If you have a higher sodium main dish, have a lower sodium side dish with it.

### Words to the Wise

You can't judge a food's sodium content by its taste. For example, instant puddings, Danish pastry, chocolate cake, and canned kidney beans all contain a lot of sodium but don't taste salty.

**Trust the label, not your taste buds.** Check product labels for salt and saccharin, disodium phosphate, MSG, etc.

### What's Your Sodium IQ?

#### Answers to Quiz

1. True. If there is a nutrition label on a food-item, sodium content must be included.
2. True. All seasoned salts contain sodium. Garlic and onion powder, however, provide flavor without added sodium.
3. True.
4. True. Most condiments are high in sodium. Some lower sodium alternatives include lemon, lime, garlic, oil and vinegar, herbs and spices.
5. True. Foods within the same group can vary widely in sodium content. Check the labels and avoid the processed varieties.
6. True
7. True. Salt substitutes are not recommended for everyone. People under medical treatment should check with their physician before using a salt substitute. Salt subs contain potassium, which may pose a problem for some people.
8. True. Taste is not a good indicator of sodium content for all foods. Heavily salted foods do not always taste salty and salt is not the only source of sodium in foods.
9. True.
10. True
11. True.

### Tips For Low-Fat / Low-Salt Eating

1. Choose skinless and unbreaded poultry or fish rather than fatty meats. Include fish in your diet 3 or more times per week for omega-3 fatty acids.
2. Bake, broil, roast, grill or poach food, never deep-fry them.
3. Use non-stick cookware and sprays.
4. Have 3-5 vegetables and 2-4 fruits or more each day.
5. Use fat-reduced cream cheese, sour cream, salad dressing and cheese alternatives. Look closely at sodium content, however, as sodium content tends to be higher in fat-reduced items, like salad dressings.

6. Use baked, unsalted or sodium-reduced snack foods, not fried.
7. Read labels of foods that you are using and avoid if high in cholesterol, saturated fat, trans-fats or sodium.
8. Avoid heavy sauces and gravy.
9. Prepare more homemade foods rather than using convenience foods. Reduce the amount of salt in the recipe. Increase the amount of the other herbs or spices and pepper for additional flavor.
10. Increase use of high fiber foods, especially oat-meal, beans, peas, lentils, fruits, and vegetables.

## Eating Out the Low-Sodium Way

People with heart failure can certainly eat out once in a while. In fact, it may be a good thing to do. Eating out provides a nice change of pace, and gives the cook a break. However, if you have heart failure, it's important to limit your sodium intake no matter where you eat, and that may require extra planning. This tip sheet can help you learn to eat out the low-sodium way.

### Choosing a Restaurant

Some restaurants are better than others when it comes to meeting special dietary needs such as yours. Here are some tips to help you choose a restaurant that will meet your needs:

- Call ahead and ask if the restaurant offers low-sodium or "unsalted" meals.
- If the person on the phone doesn't seem to know about sodium, ask about specific items you might order.
- Ask if food is made to order, rather than prepared ahead and reheated. Food that is made ahead (soup, for example) probably has salt added already.
- Instead of phoning, stop by the restaurant ahead of time to look at a menu and ask these same questions.
- Look on the Internet for restaurant menus; many chains have posted their menus and nutritional breakdown of items.
- Avoid restaurants that are known to serve high-sodium fare, such as fast food restaurants, Chinese and Japanese restaurants, and pizza parlors.

### Ordering Your Meal

There are two ways to get a low-sodium meal in a restaurant: (1) know how to find it on the menu, and (2) know how to ask for it if it isn't on the menu. Either way, you should follow the same guidelines you use at home:

- Avoid salty foods such as cured ham, hot dogs, bacon, cheese, pickles, olives, etc.
- Keep food plain and simple, so you know exactly what you're eating.
- Avoid sauce, gravy, and dressing, since these almost certainly contain salt. (It's okay to bring along a reduced-sodium salad dressing to use in the restaurant.)

### What to Order

- Broiled or baked chicken, pork chop, roast beef, prime rib
- Fish or shellfish, broiled or poached
- Plain pasta, with olive oil
- Green salad or sliced tomatoes, oil and vinegar added at table
- Baked potato
- Freshly prepared, unsalted vegetables
- Fresh bread or rolls
- Fresh fruit, sherbet, ice cream

### What to Avoid:

- Casserole dishes, cheese dishes, barbecued ribs or chicken
- Breaded fish, fish sticks, crab cakes
- Lasagna, stuffed pasta shells
- Pre-made salads such as coleslaw, potato, pasta, and tuna salad
- Mashed potatoes, stuffing, rice
- Creamed or canned vegetables
- Soups, stews, crackers
- Cakes, cookies, pies, tortes

You should always ask your waiter if you aren't sure how an item is prepared. Don't be shy about making special requests. Remember that most restaurants want to please their customers.

Be prepared to make requests such as:

“Please serve the sauce/gravy/dressing on the side.”

“I’d like to have the salmon broiled with no added salt.”

“Would you please tell the chef not to add any salt to my meal.”

“Instead of salad dressing, please bring oil and vinegar for me to add.”

### Eating Wisely

Even if you’re careful about choosing a restaurant and ordering your meal, you still need to be alert.

- Watch out for garnishes and “special” touches you didn’t count on, such as olives or bacon bits.
- If a food tastes salty to you, put it aside and don’t eat it.
- If an item was not prepared as you requested, send it back.

#### Remember:

Even when you are very careful, restaurant meals probably contain more sodium than the meals you prepare at home. Plan for this extra sodium by eating less sodium at other meals and in snacks that day.

### Cooking Tips

Instead of seasoning your food with salt, use herbs and spices to enhance the natural flavors of food. In general, combine three herbs or less in one dish.

- Use fresh herbs when possible.
- Use lemon juice, wine and fresh ground pepper to accent natural flavors.
- Try orange or pineapple juice as a base for meat-marinades.

#### Some Ideas:

**For poultry** – try garlic, mushrooms, cranberries, orange slices, wine, curry, paprika, parsley, sage, onion.

**For fish** – try bay leaf, marjoram, onion, fresh mushrooms, dry mustard, green pepper, ginger.

**For pork** – try applesauce, apples, garlic, onion, sage.

**Some medications such as antacids are high in sodium. Check with your doctor before taking unprescribed medication.**

Herbs and spices bring out the flavor of foods without adding sodium. Try pairing the spices with the foods listed below. Or experiment on your own.

**Allspice**—Cabbage dishes, stews and meats, gravies, peach and apple desserts

**Basil**—Tomatoes, summer squash, eggplant, polenta, soups, fish, lamb, pizza

**Chili Powder**—Soups, bean dishes, stews, meat sauces, posole, tacos, tofu

**Cinnamon**—Baked squash, sweet potatoes, lamb, pork, breads, apples, peaches, berries

**Curry**—Soups, rice, lentils, chicken, veal, beef, lamb yogurt dips

**Dill**—Beets, cucumbers, green beans, rice, potatoes, soups, fish, chicken, stews

**Garlic**—Tomatoes, salsa, soups, pasta sauces, shellfish, chicken, lean meats, tofu.

**Ginger**—Baked squash, fish, chicken, lamb, veal, tofu, carrots, stews, breads, fruit desserts

**Lemon Juice**—Cold soups, asparagus, artichokes, spinach, broccoli, salads, fish, chicken, melon

**Mint**—Carrots, peas, bulgur dishes, lamb, pears, fruit desserts

**Nutmeg**—Cabbage, carrots, baked squash, pilaf, chicken, veal, puddings, custards, fruit desserts

**Onion**—Salsa, salads, soups, stews; pasta sauces, bean dishes, casseroles, fish, chicken, lean meats

**Oregano**—Eggplant, tomatoes, soups, pizza and pasta sauces, chicken, veal, lamb, pork

**Parsley**—Carrots, beans, tomatoes, potatoes, soups, rice, fish, chicken, lean meats, poultry stuffing

**Rosemary**—Peas, carrots, potatoes, chicken, lamb, pork, stews, breads

**Sesame**—Asparagus, broccoli, bok choy, salads, fish, chicken, beef, tofu, breads

**Tarragon**—Vegetables, salad dressings, fish, chicken, veal, wine sauces

**Thyme**—Peas, tomatoes, salads, potatoes, soups, fish, chicken, lean meats, stews



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### **Foods That Contain Potassium**

If you are on a diuretic, you may need more potassium — check with your doctor on this. Some medications spare potassium, and some make you excrete more. These foods contain potassium:

- Prune juice
- Winter squash
- Melons
- Tomatoes
- Sweet potatoes
- Orange juice
- Lentils
- Mushrooms
- Potatoes
- Bananas
- Broccoli

### **Herbs And Spices To Flavor Foods**

#### **For Beef:**

Bay leaf, parsley, thyme and onions or leeks  
Bay leaf, garlic, oregano, orange peel  
Thyme, summer savory, marjoram, rosemary  
Garlic, onion, basil, oregano, parsley, pepper  
Garlic, ginger, mustard  
Allspice, dill, nutmeg  
Bay leaf, cloves, pepper  
Cinnamon, chili powder, oregano

#### **For Pork:**

Celery, parsley, sage and thyme  
Bay leaf, tarragon and thyme  
Celery, onion, summer savory and rosemary  
Pepper, cloves, nutmeg, ginger  
Caraway, paprika; red pepper  
Mustard, sage, thyme  
Bay leaf, oregano  
Anise, ginger, sesame  
Bay leaf; garlic, tarragon

#### **For Poultry:**

Bay leaf, lemon grass, parsley, tarragon  
Marjoram, summer savory, rosemary  
Lemon, onion, parsley, rosemary, thyme  
Rosemary & Thyme  
Onion, garlic, curry powder  
Garlic, onion, marjoram, tarragon  
Bay leaf, cumin, saffron or turmeric  
Ginger, cinnamon, allspice.

#### **For Fish:**

Lemon, parsley, tarragon, thyme  
Bay leaf, fennel, lemon, thyme  
Dill, lemon, onion, parsley  
Cumin, oregano  
Garlic, parsley, tarragon, thyme  
Fennel, red pepper, saffron, thyme  
Garlic, cumin, cilantro, parsley

#### **For Lamb:**

Garlic, marjoram, oregano, rosemary  
Mint, parsley, thyme

#### **For Vegetables:**

##### **Artichokes:**

- Garlic, bay leaf, coriander, fennel, pepper

##### **Asparagus:**

- Caraway seed, lemon  
- Garlic, tarragon

##### **Beets:**

- Onion, parsley, pepper, vinegar

##### **Green Beans:**

- Marjoram, rosemary, caraway, dry mustard

##### **Broccoli:**

- Garlic, ginger,  
- Nutmeg, sesame, oregano

##### **Brussels Sprouts:**

- Nutmeg, lemon

##### **Cabbage:**

- Celery seed, dill, curry powder, nutmeg

##### **Carrots:**

- Marjoram, orange peel, pepper  
- Cinnamon, nutmeg, onion & ginger  
- Orange, lemon, cinnamon, cumin cayenne, black pepper  
- Mustard seed, dill

##### **Cauliflower:**

- Onion, garlic, tomatoes, raisins, wine vinegar,  
pepper, onion, cumin, coriander, turmeric, cayenne,  
black pepper

##### **Corn:**

- Chili powder & cumin  
- Onion & dill  
- Curry Powder, green pepper

##### **Cucumbers:**

- Nutmeg, lemon juice or vinegar

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**Eggplant:**

- Unsalted tomato sauce, chives, garlic, parsley, tarragon

**Fennel:**

- Garlic, ginger root, orange, black pepper

**Greens/Kale:**

- Onion, tomatoes, cumin garlic, red pepper, black pepper

**Mushrooms:**

- Garlic, mace, parsley, pepper

**Peas:**

- Anise, onion
- Marjoram, rosemary
- Basil, lemon, mint, thyme

**Spinach:**

- Curry powder, ginger
- Garlic, nutmegs

**Summer Squash/Zucchini:**

- Parsley, mint
- Basil, chives, nutmeg, tarragon, garlic tarragon
- Garlic, lemon, parsley, onion, mint thyme, black pepper, lemon, red pepper, cilantro, black pepper

**Tomatoes:**

- Basil, rosemary
- Cinnamon, ginger

**Turnips:**

- Lemon, parsley, rosemary

**Winter Squash:**

- Cinnamon, nutmeg
- Allspice, red pepper
- Allspice, nutmeg, orange

**For Starches:****Pasta:**

- Basil, parsley, rosemary, Cumin, red pepper, tumeric, Oregano, Thyme

**Potatoes:**

- Dill, onion, parsley, Onion, caraway
- Chives, nutmeg. Onion, parsley, rosemary, paprika, cumin, pepper

**Rice:**

- Chili powder, cumin, curry powder, ginger, coriander, cardamom, cinnamon, cloves

**Sweet Potatoes:**

- Orange rind, pineapple, nutmeg, orange, ginger root, cinnamon, cardamom

**Homemade Herb Mixtures**

Mix your own herb/pepper:

- 1 Tbsp. Dried rosemary
- 1 Tbsp. Dried savory
- 1 Tbsp. Dried marjoram
- 1 Tbsp. Dried thyme
- 1 Tbsp. Black pepper
- 1 Tbsp. Ground mace

Crush or grind all the herbs together. Store in an air-tight jar. May be used as desired to flavor foods.

Herb Combination:

- 1 Tbsp. Dried chervil
- 1 Tbsp. Dried chives
- 1 Tbsp. Dried parsley
- 1 ½ tsp. Dried tarragon

Sesame/Herb Blend:

- 2 Tbsp sesame seeds, toasted in dry skillet for 45 minutes until golden
- 2 Tbsp. basil
- 2 ½ tsp. Onion powder
- 2 tsp. Tarragon leaves
- 1 ½ tsp. Black pepper
- 1 tsp garlic powder
- ¼ tsp. celery seeds

Herb Blend 1:

- 2 tsp thyme
- 2 tsp. Marjoram
- 1 ¾ tsp. Rosemary
- 1 tsp. Sage

Herb Blend 2:

- 1 ¾ tsp. Marjoram
- 1 ¾ tsp. Savory
- 1 ¾ tsp. Rosemary
- 1 ¼ tsp. Thyme
- 1 tsp. Sage

Herb Blend 3:

- 1 ½ tsp. Marjoram
- 1 ½ tsp. savory
- 1 ½ tsp. Thyme
- ½ tsp. Basil
- ½ tsp. Celery seed



Herb Blend 4:

- 2 Tbsp. dill weed or basil
- 1 tsp. celery seed
- ¼ tsp. dried grated
- 1 lemon
- pinch of pepper
- 2 tbsp. onion powder
- 1 tsp. oregano

Barbeque Blend:

- 1 tsp. chili powder
- 2 tsp. oregano
- 2 tsp. black pepper
- 1 Tbsp. garlic powder (not salt)
- 2 Tbsp. dry mustard
- 6 Tbsp. onion powder
- Tbsp. paprika
- 3 Tbsp. poultry seasoning

Italian Blend:

- 5 Tbsp. onion powder
- 2 ½ tsp. garlic powder
- 2 ½ tsp. paprika
- 2 ½ tsp. powdered mustard
- 1 ¼ tsp. thyme
- 1 tsp. sage

Eastern Blend:

- 2 Tbsp. savory
- 1 Tbsp. powdered mustard
- ½ tsp onion powder
- 1 ¾ tsp curry powder
- 1 ¼ tsp ground white pepper
- 1 ¼ tsp ground cumin
- ½ tsp. garlic powder

Curry Blend:

- 1 tsp ginger
- ½ tsp. turmeric
- ½ tsp ground cumin
- ½ tsp. coriander
- ½ tsp ground cardamom
- pinch cayenne

### Nutrition Facts

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

**Amount Per Serving**

**Calories 250**    **Calories from Fat 110**

**% Daily Value\***

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	

**Protein 5g**

Vitamin A	4%	•	Vitamin C	2%
Calcium	20%	•	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:

		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

**Check Your Nutrition Facts.** Almost all foods with a label contain sodium, so it is very important for you and anyone who buys food for you to know how to read labels to find low sodium foods.

The label information is based on the serving size listed. In this example the is 1 cup (228 g). The amount of sodium in a 1 cup is 470 mg or 20% of the recommended daily intake.

The daily value or recommended intake for sodium is 2400 mg or less. This is a reasonable total for most people, but too high for those with heart failure or high blood pressure. Recommended Sodium Restriction for those with heart failure is 2000 milligrams daily.

**Choose foods:** 100-200 milligrams sodium per serving; complete meals of 600 milligrams of sodium are okay.

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## These Tips Can Help You Choose Which Foods to Buy

- Avoid foods with more than 140 milligrams of sodium in a serving, unless your entire meal fits into the 600 milligram sodium guideline.
- Think of your daily sodium intake as a checking account: you can spend it on foods you want, but when you've eaten 2,000 mg sodium, you're "broke" and done for the day.
- Frozen dinners and complete meals are okay up to 600 milligrams. Compare brands and choose the ones with less sodium.
- Read the Food Label
- Look at the side or back of the package. Here you will find "Nutrition Facts." Look for these words:
  - Total Fat
  - Saturated Fat
  - Cholesterol
  - Sodium

### Sodium Claims and What They Mean

**Sodium free:** less than 5 milligrams of sodium per serving

**Very low sodium:** less than 36 milligrams of sodium per serving

**Low sodium:** less than 140 milligrams of sodium per serving

**Light sodium:** 25-50% less sodium than original product

## Foods Low in Sodium (less than 140 mg per serving)

- **Spices, Sauces, Condiments Unsalted seasonings:**
  - Basil
  - Bay leaf
  - Cinnamon
  - Cloves
  - Curry
  - Dill
  - Dry mustard
  - Oregano
  - Paprika
  - Pepper

Thyme  
Bitters  
Garlic (fresh or powdered)  
Mint  
Onion (fresh or powdered)  
Parsley  
Tabasco sauce  
Tomato (fresh or paste)  
Vanilla  
Vinegar  
Most salt substitutes (check with your doctor)

- **Grains and Cereals**

Unsalted/low sodium, grain products:  
Low-sodium breads and crackers  
Flour  
Hot cereals (except instant)  
Matzoth  
Noodles  
Puffed rice or wheat  
Rice  
Shredded wheat  
Corn tortillas  
Unsalted/lightly salted popcorn  
Whole grains  
Baked products made with little salt, baking powder or baking soda.

- **Vegetables and Fruits**

Fruits  
Fruit juices  
Unsalted vegetables (except as noted)

- **Fish, Meat, Poultry**

Fresh meat prepared without salt:  
Beef & veal  
Fish  
Lamb  
Poultry  
Pork  
Dried beans cooked without salt or salt pork  
Eggs  
Unsalted nuts

- **Dairy**

Cream cheese  
Gruyere cheese  
Ricotta cheese  
Swiss cheese  
Unsalted cheese  
Cream

- **Dairy, continued**

- Unsalted butter or margarine
  - Sherbet

*To control fat, choose low fat dairy products; limit butter, margarine & cream.*

- **Beverages**

- Beer, liquor & wine (moderation advised)
  - Carbonated beverages
  - Coffee & tea
  - Most mineral waters (check with supplier)

## **Foods Medium in Sodium (140-400 mg per serving) – *Fit into diet as able...***

- **Spices, Sauces, Condiments:**

- Lightly salted seasonings:

- Barbecue sauces

- Catsup

- Chili sauce

- Gravies

- Mayonnaise

- Mustard

- Monosodium Glutamate (MSG)

- Prepared salad dressings

- Steak Sauce

- Tomato puree or sauce

- Worcestershire sauce

- **Grains and Cereals**

- Grain products made with small amounts of salt, baking powder, or baking soda:

- Breads & rolls

- Dry cereals

- Biscuits & muffins

- Cakes, cookies

- Pastries, pies, doughnuts

- Pancakes & waffles

- Baking soda and baking powder contains sodium.

- Avoid using large amounts.*

- Baked products using yeast are good alternatives.

- **Vegetables and Fruits**

- Beet greens

- Celery

- Chard

- Lightly salted vegetables: Canned vegetables

- Frozen lima beans

- Frozen peas

- **Fish, Meat, Poultry**

- Fresh shellfish

- Salted nuts

- Salted peanut butter

- **Dairy**

- Milk

- Buttermilk

- Natural cheeses (except as noted)

- Custard

- Ice Cream

- Pudding

- Salted butter & margarine

- Yogurt

- **Beverages**

- Milk

- Buttermilk

## **Foods High in Sodium (over 400 mg per serving) – *Be careful with these...***

- **Spices, Sauces, Condiments**

- Salt

- Highly salted seasonings:

- Bouillon

- Lemon-pepper marinade

- Salted meat tenderizers

- Salt/salt substitute mixtures

- Salted spices (garlic salt,

- Onion salt, seasoned salt)

- Soy sauce

- Teriyaki sauce

- **Grains and Cereals**

- Highly salted grain products:

- Commercially prepared spaghetti & pasta dishes

- Instant hot cereal

- Pretzels

- Salted crackers & chips

- Salted popcorn

- **Vegetables and Fruits**

- Highly salted vegetables:

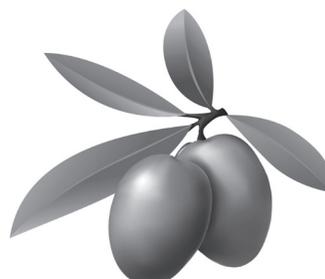
- All pickled vegetables

- Olives and pickles

- Sauerkraut

- Vegetable juices

- Vegetables with seasoned sauces



***Limit your intake of highly salted vegetables such as olives.***

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- **Fish, Meat, Poultry**

Smoked, cured or pickled products:

Bacon

Corned beef

Dried meat or fish

Ham

Luncheon meats

Sausages & frankfurters

Fish or meat canned with salt

Frozen dinners

Most commercially prepared entrees

Packaged or canned soup

- **Dairy**

American cheese

Blue cheese

Cottage cheese

Parmesan cheese

Roquefort cheese

Processed cheese products

**To control fat, choose lean meats, poultry, fish and beans.**



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## Sample Daily Menu

### Breakfast

Orange sections  
Old-fashioned oatmeal – no salt added  
Whole wheat toast  
2 tsp. natural peanut butter, unsalted if available  
Jelly  
Skim milk – 1 cup  
Coffee/tea – 1 cup

### Lunch

Homemade vegetarian split pea soup – fat removed and prepared without salt (but with liberal seasonings)  
– 1 cup  
Low sodium turkey breast  
Alpine Lace Swiss cheese  
Whole wheat bread  
1 tsp. Mayonnaise  
Sliced tomato and lettuce  
Fresh fruit  
Coffee/tea – 1 cup

### Dinner

Baked fish  
Baked potato/fat free margarine/pepper  
Green beans or carrots  
Tossed salad with 1 tsp olive oil & vinegar  
Dinner roll  
Fat free fruit sorbet with fresh fruit (1 cup sorbet =  
1 cup fluid)  
Coffee/tea – 1 cup

### Evening Snack

Graham crackers and skim milk (1 cup) OR  
Sodium-reduced or unsalted popcorn and soda pop (1 cup)

1 cup water for medication throughout day

This meal pattern contains 8 cups fluid for the day.  
If you have a different fluid restriction level, the fluids will need  
to be adjusted.



# SODIUM COUNTER

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Food Item	Amount	Sodium (mg)
<b>Beverages</b>		
<b>Coffee, Tea, Cocoa</b>		
Coffee, regular or decaf	8 oz.	5
Café Vienna	8 oz.	154
Café Latte	8 oz.	105
Cappucino	8 oz.	70
Tea, regular or decaf	8 oz.	5
Iced tea, instant	8 oz.	10
Cocoa mix, sugar-free	8 oz.	175
<b>Fruit Drinks</b>		
Fruit punch, canned	6 oz.	40
Koolaid®	8 oz.	10
Lemonade, frozen	8 oz.	10
Lemonade, prepared, Country Time	8 oz.	90
Tang®	8 oz.	0
<b>Juices</b>		
Fruit juices	4 oz.	0-5
Tomato or vegetable juice (V-8®)	6 oz.	660
Tomato or vegetable juice (V-8®), No added salt	6 oz.	40
<b>Soft Drinks, Water</b>		
Soft drinks, regular	12 oz.	25
Soft drinks, diet	12 oz.	10
Club soda	12 oz.	75
Mineral water	12 oz.	0

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Food Item	Amount	Sodium (mg)
<b>Alcohol</b>		
Beer	12 oz.	20
Beer, lite or nonalcoholic	12 oz.	10
Gin, Rum, Vodka, Whiskey	1.5 oz	0
Wine	5 oz.	10
Wine cooler	12 oz.	40
Bagel, small (2 oz.)	1	200
Bagel, large (4 oz.)	1	400
<b>Bread</b>		
White	1 slice	125
Whole wheat or multi-grain	1 slice	160
Rye	1 slice	175
French	1 slice	165
Cinnamon raisin	1 slice	140
English muffin	1	365
Bread cubes, unseasoned	1 cup	205
Bread dressing	1/2 cup	505
Bun, hamburger or hot dog	1	240
Cheezits	13	130
Cinnamon roll	1	150
Coffee cake (2 oz. snack cake)	1	200
Corn bread	2" square	265
Croissant	1	230
Dinner roll	1	230

Food Item	Amount	Sodium (mg)
Doughnut, yeast	1	145
French toast	1 slice	230
Muffin, various flavors	4" diam.	340
Graham crackers	2 sheets	105
Melba rounds, plain	10	5
Oyster crackers	10	85
Rice cake, plain	1	0-10
Ritz® cracker	1	30
RyKrisp®, seasoned	1	90
Saltine cracker	5	180
Saltine, unsalted tops or low salt	5	105
Triscuits®	8	150
Wheat Thins®	8	120
Pancake	4"	235
Pocket or pita bread	6"	280
Quick bread	1 slice	190
Roll, kaiser	1	310
Roll, hoagie	1	785
Taco shell, hard	1	65
Tortilla, corn	6"	40
Tortilla, flour	6"	110
Waffle	7"	515

# SODIUM COUNTER

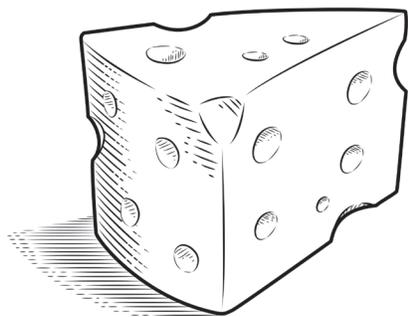
Food Item	Amount	Sodium (mg)
<b>Cereals</b>		
All Bran®	1/3 cup	320
Bran Flakes®	3/4 cup	265
Cheerios®	1-1/4 cup	290
Cornflakes®	1-1/4 cup	350
Grape-nuts®	1/4 cup	165
Life®	2/3 cup	140
Puffed Rice®, Puffed Wheat®	1 cup	0
Raisin Bran®	3/4 cup	270
Rice Krispies®	1 cup	340
Shredded Wheat®, spoon-size	2/3 cup	0
Special K®	1 1/3 cup	265
Total®	1 cup	280
Cream of Wheat, Cream of Rice, cooked without salt	1 cup	0
Cream of Wheat, Mix-n-Eat	1 pkg.	240
Grits, instant	1 pkg.	345
Grits, cooked without salt	1 cup	0
Oatmeal, instant	1 pkg.	230
Oatmeal, cooked without salt	1 cup	0



Food Item	Amount	Sodium (mg)
<b>Dairy Products</b>		
<b>Cheese</b>		
American	1 oz.	405
Baby Swiss	1 oz.	25
Bleu or Roquefort	1 oz.	395
Brick	1 oz.	160
Brie	1 oz.	180
Cheddar	1 oz.	175
Cheese spread	1 Tbsp.	260
Colby	1 oz.	170
Cottage Cheese 1% or 2% fat	1/2 cup	460
Cottage Cheese Nonfat	1/2 cup	220
Cottage Cheese 2% fat, no salt added	1/2 cup	25
Cream cheese	1 Tbsp.	45
Farmers	1 oz.	45
Feta	1 oz.	315
Gouda	1 oz.	230
Monterey Jack	1 oz.	150
Mozzarella, string cheese, part-skim	1 oz.	150
Muenster	1 oz.	180
Parmesan, grated	1 Tbsp.	95
Provolone	1 oz.	250
Ricotta cheese, lowfat	1 oz.	40

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Romano	1 oz.	340
Swiss, natural	1 oz.	75
Swiss, processed	1 oz.	390
Velveeta	1 oz.	425
<b>Cream</b>		
Creamer, nondairy liquid	1 Tbsp.	10
Half & Half	1 Tbsp.	5
Sour cream,	1 Tbsp.	5
Sour cream, reduced-fat	1 Tbsp.	15
Whipped topping, nondairy, regular or lite	1 Tbsp.	0
<b>Milk &amp; Yogurt</b>		
Skim, 1%, 2%, whole, Lactaid	8 oz.	125
Buttermilk	8 oz.	255
Chocolate milk	8 oz.	150
Evaporated milk, whole	8 oz.	265
Yogurt, lowfat fruit-flavored	8 oz.	145
Yogurt, nonfat fruit-flavored	8 oz.	110



Food Item	Amount	Sodium (mg)
<b>Desserts</b>		
<b>Cakes</b>		
Angel food, 1/12 of 10" diam.	1 piece	120
Cake, layer with frosting, 1/16 of 8"	1 piece	130
Sheet cake with frosting, 3"x3"x2"	1 piece	190
Cheesecake, 1/8 of 9" diam.	1 piece	355
Cupcake, frosted, 2-1/2" diam.	1	105
Fruitcake, 3-1/2"x2"x1/2"	1 piece	70
Poundcake, 2-1/2"x3"x1"	1 piece	130
Snack cake, commercial	1	135
<b>Cookies &amp; Bars</b>		
Animal crackers	10	80
Brownies & bars with frosting, 2"x2"	1	95
Cookie, 3" diameter	1	70
<b>Frozen Desserts</b>		
Frozen yogurt, regular or lowfat	1/2 cup	55
Fruit juice bar	1	5
Ice cream	1/2 cup	35
Ice cream bar	1	35
Ice milk	1/2 cup	55
Malt	10 oz.	435

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Milkshake	10 oz.	175
Popsicle	1	0
Sherbet	1/2 cup	45
<b>Gelatin &amp; Pudding</b>		
Bread pudding	1/2 cup	285
Custard	1/2 cup	90
Gelatin	1/2 cup	60
Pudding	1/2 cup	160
<b>Pies (1 piece = 1/6 of 9" diam. pie)</b>		
Cream or custard	1 piece	350
Fruit, double crust	1 piece	400
Lemon meringue	1 piece	260
Pecan	1 piece	480
Pumpkin	1 piece	280
<b>Eggs</b>		
Egg, whole, large		70
Egg, scrambled with milk & fat		155
Egg substitute	1/4 cup	120
Omelet, plain, 3 eggs	1	700
Omelet, cheese, 3 eggs	1	1065

Food Item	Amount	Sodium (mg)
<b>Fats &amp; Oils</b>		
Butter, salted, stick	1 tsp.	40
Butter Buds®, dry	2 tsp.	170
Margarine, salted, stick	1 tsp.	45
Margarine, diet	1 tsp.	35
Margarine, liquid, squeeze	1 tsp.	30
Margarine, tub	1 tsp.	50
Margarine, extra light, tub	1 tsp.	15
<b>Fruit</b>		
<b>Fresh, Canned, Dried</b>		
The list below is just a small sample of fruits, because most fruits have very small amounts of sodium.		
A typical serving size is:		
1 medium piece of fruit	1 cup chopped fresh fruit	
1/2 cup canned fruit	1/4 cup dried fruit	
Most fruits	1 serving	0-5
Apples, dried, rings	10	55
Cantaloupe	1 cup	15
Cranberry sauce	1/4 cup	20
Honeydew melon	1 cup	35
Mandarin oranges, canned	1/2 cup	10
Peaches, canned	1/2 cup	15
Raisins	1/4 cup	10

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
<b>Meat, Poultry, Fish, Seafood</b>		
<b>Beef</b>		
Lean cuts prepared without salt:		
Lean ground beef, prime rib, roast (chuck, rib, round), steak (filet, porterhouse, round, sirloin), liver	3 oz.	60
<b>Chicken</b>		
Canned	3 oz.	435
Roasted, broiled without salt:		
breast	1	60
drumstick	1	40
thigh	1	45
Fried, with breading:		
breast	1	655
drumstick	1	270
thigh	1	515
<b>Lamb</b>		
Lean cuts, prepared without salt:		
Leg, shoulder roasts	3 oz.	60
Loin, rib chop	1	35
<b>Pork</b>		
Lean cuts, prepared without salt:		
Pork chop	3 oz.	60
Ham	3 oz.	1275
Roast: loin, rib, sirloin, shoulder blade	3 oz.	60

Food Item	Amount	Sodium (mg)
<b>Fish</b>		
Fish, fresh or frozen	3 oz.	45
Fish, breaded, fried	3 oz.	255
Salmon, canned	3 oz.	465
Sardines, canned in oil	1 sardine	60
Tuna, water-packed or oil-packed	1 oz.	100
Tuna, low sodium	1 oz.	70
Tuna, no added salt	1 oz.	15
<b>Seafood</b>		
Clams, fresh or frozen	1 oz.	15
Clams, breaded, fried	1 oz.	105
Clams, canned	1 oz.	30
Crab, fresh or frozen	1 oz.	235
Crab legs, imitation	1 oz.	240
Lobster, fresh or frozen	1 oz.	110
Oysters, raw, fresh	6 med.	95
Oysters, breaded, fried	6 med.	355
Oysters, canned	1 oz.	30
Shrimp, fresh	1 oz.	40
Shrimp, breaded, fried	1 oz.	95

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
<b>Turkey</b>		
Lean cuts, prepared without salt:		
Fresh, white and dark meat	3 oz.	30
Pre-basted	3 oz.	135
Ground turkey	3 oz.	75
Turkey roll, light meat	3 oz.	420
Turkey roll, light & dark meat	3 oz.	495
<b>Veal</b>		
Lean cuts, prepared without salt:		
Chuck, leg	3 oz.	45
Loin, rib, round	3 oz.	60
<b>Venison</b>	3 oz.	45
Lean cuts, prepared without salt		
<b>Cured &amp; Deli Meats</b>		
Bacon	1 slice	100
Bacon, lower salt	1 slice	65
Canadian bacon	1 oz.	440
Chipped beef	1 oz.	985
Ham, deli	1 oz.	265
Hot dog	1	505
Hot dog, reduced sodium	1	300
Jerky, beef	1 oz.	290
Luncheon meat	1 oz.	315

Food Item	Amount	Sodium (mg)
Pastrami, corned beef	1 oz.	350
Roast beef, deli	1 oz.	290
<b>Sausage</b>		
Bratwurst or Polish	1	635
Links	2	370
Pepperoni	1 oz.	580
Pork sausage	2 oz.	730
Salami	2 oz.	1050
Summer sausage	2 oz.	600
Turkey ham	2 oz.	560
Turkey, deli	2 oz.	560
<b>Mixed Dishes</b>		
Beef stew, canned	1 cup	1010
Chili, canned	1 cup	1030
Chow mein, canned	1 cup	720
Lasagna, 4"x2-1/2"x1-1/2"	1 piece	1465
Macaroni and cheese, box mix	1 cup	870
Meat loaf	3 oz.	495
Pizza, thin crust, cheese, 1/8 of 12"	1 piece	395
Pizza, thick crust, cheese, 1/8 of 12" diam.	1 piece	635
Sloppy Joe filling	1/3 cup	345
Spaghetti, canned, with meat or cheese sauce	1 cup	1175

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Taco	1	460
Tuna noodle casserole	1 cup	1210
<b>Noodles, Pasta, Rice</b>		
Noodles or pasta, cooked without salt	1 cup	5
Noodles or pasta, cooked with salt	1 cup	215
Rice, cooked without salt	1 cup	5
Rice, cooked with salt	1 cup	765
Ramen Noodles®	1 cup	980
<b>Nuts, Seeds, Peanut Butter</b>		
Nuts, roasted, salted	1/4 cup	230
Nuts, roasted, unsalted	1/4 cup	5
Peanut butter	1 Tbsp.	75
Peanut butter, unsalted	1 Tbsp.	5
Seeds, salted	1 Tbsp.	60
Seeds, unsalted	1 Tbsp.	0
<b>Salads &amp; Dressing</b>		
Chef salad	2 cups	1020
Chicken salad	1/2 cup	460
Coleslaw, creamy	1/2 cup	130
Fruit salad	1/2 cup	5

Food Item	Amount	Sodium (mg)
Gelatin with fruit	1/2 cup	40
Ham salad	1/2 cup	1300
Pasta salad	1/2 cup	320
Potato salad, German	1/2 cup	175
Potato salad	1/2 cup	305
Three-bean salad	1 cup	555
Tossed salad without dressing	1 cup	5
Tuna and macaroni salad	1/2 cup	365
Tuna salad	1/2 cup	350
<b>Salad Dressings</b>		
Mayonnaise	1 Tbsp.	80
Mayonnaise, light	1 Tbsp.	100
Mayonnaise, fat-free	1 Tbsp.	190
Salad dressing	1 Tbsp.	85
Salad dressing, light	1 Tbsp.	105
Salad dressing, fat-free	1 Tbsp.	210
Blue cheese	1 Tbsp.	165
French	1 Tbsp.	215
Italian	1 Tbsp.	115
Ranch	1 Tbsp.	130

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Reduced-calorie, all kinds	Tbsp.	145
Fat-free or oil-free, all kinds	Tbsp.	145
Vinegar and oil	Tbsp.	0
<b>Salad Bar Trimmings</b>		
Bacon bits	1 Tbsp.	135
Cheese, shredded	1 Tbsp.	55
Croutons	2 Tbsp.	60
Olives, black	1	50
<b>Sauces, Condiments, Seasonings, Baking Ingredients</b>		
<b>Sauces &amp; Condiments</b>		
Au jus	1/4 cup	265
Balsamic vinegar	1 Tbsp.	0
Barbecue sauce	1 Tbsp.	125
Catsup	1 Tbsp.	170
Catsup, no salt added	1 Tbsp.	5
Cheese sauce	1 Tbsp.	100
Chili sauce	1 Tbsp.	190
Cocktail sauce	1 Tbsp.	160
Gravy, canned, from mix	1/4 cup	300
Gravy, homemade	1/4 cup	165

Food Item	Amount	Sodium (mg)
Hollandaise sauce	1/4 cup	280
Horseradish	1 tsp.	5
Mustard, yellow	1 tsp.	55
Pickle, dill, 4" long	1	1885
Pickle, dill, slice	1	95
Pickle, sweet, slice	1	45
Pickle relish	1 Tbsp.	105
Pizza sauce, canned	1/4 cup	350
Salsa	1 Tbsp.	155
Soy sauce	1 tsp.	345
Spaghetti sauce	1/2 cup	560
Spaghetti sauce, low sodium	1/2 cup	20
Steak sauce	1 Tbsp.	275
Sweet & sour sauce	1/4 cup	195
Tabasco	1 tsp.	35
Taco sauce	1 Tbsp.	155
Tartar sauce	1 Tbsp.	100
Teriyaki sauce	1 Tbsp.	690
Tomato paste	1 Tbsp.	130
Tomato paste no added salt	1 Tbsp.	10
Tomato sauce	1/4 cup	370
Tomato sauce, no added salt	1/4 cup	20
White sauce	1/4 cup	210

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Seasonings		
Accent®	1 tsp.	615
Garlic salt	1 tsp.	2050
Garlic powder	1 tsp.	0
Kitchen Bouquet®	1 tsp.	20
Lemon pepper	1 tsp.	575
Meat tenderizer	1 tsp.	1760
Mrs. Dash®	1 tsp.	0
Onion salt	1 tsp.	1585
Onion salt, light	1 tsp.	305
Salt	1 tsp.	2300
Salt, lite	1 tsp.	975
Salt Free 17®	1 tsp.	0
Seasoned salt	1 tsp.	1485
Baking ingredients		
Baking powder	1 tsp.	425
Baking soda	1 tsp.	950
Bisquick®	1 cup	1705
Chocolate, baking, unsweetened	1 oz.	0
Chocolate chips, milk chocolate	1/2 cup	105
Chocolate chips, semi-sweet	1/2 cup	10
Coating mix	1 pkg.	30
Cornmeal, self-rising	1 cup	1755
Flour	1 cup	0
Flour, self-rising	1 cup	1310

Food Item	Amount	Sodium (mg)
<b>Snack Foods</b>		
Cheese puffs (1 oz.= 36 puffs)	1 oz.	330
Corn chips (1 oz.=14 chips)	1 oz.	200
Popcorn airpopped, unbuttered, no added salt	1 cup	0
Popcorn caramel corn	1 cup	105
Popcorn commercial, butter, with salt added	1 cup	80
Popcorn microwave Natural, butter-flavored	1 cup	115
Popcorn microwave Light	1 cup	55
Popcorn microwave Salt free	1 cup	0
Potato chips (1 oz.=16 chips)	1 oz.	250
Potato chips, unsalted	1 oz.	20
Pretzels, sticks	10	60
Pretzels, unsalted	1 oz.	30
Tortilla chips, plain	10 chips	140
<b>Soups</b>		
Beef bouillon cube	1	865
Chicken bouillon cube	1	1150
Bouillon granules	1 tsp	960
Bouillon granules, low sodium	1 tsp	5
Broth, diluted with water	1 cup	640
Onion soup mix, dry	1 pkg.	3495
Soups, canned, Broth-based, diluted with water	1 cup	895

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Soups, canned, cream-based, diluted with water	1 cup	970
Soups, canned, cream-based, diluted with milk	1 cup	1025
Soups, canned, reduced-sodium (1/3 less salt) diluted with water	1 cup	540
Soups, canned, low-sodium, ready-to-serve condensed cream soup	1 cup	35
<b>Sweets</b>		
<b>Candy</b>		
Candy bar	2 oz.	115
Fudge, 1" cube	1	25
Granola bar	1	80
Hard candy	5 pieces	10
Hershey Kisses®	4	20
Jelly beans	10	5
Licorice, 7" long	1	30
M&M's®, plain	1 pkg.	35
Mints, chocolate covered	1	20
<b>Sweeteners</b>		
Honey	1 Tbsp.	0
Jam, jelly, preserves	1 tsp.	0

Food Item	Amount	Sodium (mg)
Molasses	1 Tbsp.	0
Sugar, white, brown, powdered	1 tsp.	5
Sugar substitutes	1 pkg.	0
<b>Syrup</b>		
Corn syrup	1 Tbsp.	15
Maple syrup	1 Tbsp.	0
Pancake or waffle syrup	1 Tbsp.	15
Pancake or waffle, reduced-sugar syrup	1 Tbsp.	35
<b>Toppings</b>		
Caramel	1 Tbsp.	30
Chocolate	1 Tbsp.	10
Fudge	1 Tbsp.	40
Strawberry	1 Tbsp.	5
<b>Vegetables</b>		
<b>Fresh, Frozen, Canned</b>		
<i>Most fresh and frozen vegetables have small amounts of sodium. Canned vegetables have much higher amounts.</i>		
Asparagus spears	4	0
Asparagus, canned	1/2 cup	470
Avocado	1	20
Beans, green, yellow, or Italian	1/2 cup	10
Beans, green or waxed, canned	1/2 cup	70

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Carrots, fresh or frozen	1/2 cup	35
Carrots, canned	1/2 cup	75
Cauliflower	1/2 cup	10
Celery, diced	1/2 cup	55
Corn	1/2 cup	5
Corn on the cob	1	15
Corn, whole kernel, canned	1/2 cup	265
Cucumber	1/2 cup	0
Lettuce	1/2 cup	0
Lima beans	1/2 cup	45
Mixed vegetables, frozen, no sauce	1/2 cup	30
Mixed vegetables, canned	1/2 cup	120
Mushrooms, fresh	1/2 cup	0
Mushrooms, canned	1/2 cup	330
Onions	1/2 cup	5
Peas, frozen	1/2 cup	5
Pumpkin, canned	1/2 cup	5
Pumpkin pie filling, canned	1/2 cup	280
Radishes	1/2 cup	15
Sauerkraut	1/2 cup	780
Spinach, raw	1/2 cup	20
Spinach, frozen	1/2 cup	80
Spinach, canned	1/2 cup	210

Food Item	Amount	Sodium (mg)
Squash, summer or winter	1/2 cup	0
Sweet potatoes, fresh	1/2 cup	15
Sweet potatoes, candied, canned	1/2 cup	220
Tomatoes, fresh	1	5
Tomatoes, whole, canned	1/2 cup	195
Turnips, fresh	1/2 cup	40
Water chestnuts	1/2 cup	10
Zucchini	1/2 cup	0
Potatoes fresh baked or boiled, prepared without salt	1 med	5
Potatoes French fries	20	10
Potatoes hash browns	1/2 cup	5
Potatoes mashed, without salt	1/2 cup	20
Potatoes mashed, with salt	1/2 cup	310
Potatoes, frozen French fries, unsalted	10 pieces	70
Potatoes, frozen hash browns	1/2 cup	55
Potatoes, frozen tater tots	1/2 cup	590
Potato mixes au gratin	1/2 cup	
Potato mixes hashbrowns	1/2 cup	600
Potato mixes mashed potatoes	1/2 cup	460
Potato mixes scalloped potatoes	1/2 cup	340
<b>Beans, Lentils, Peas</b>		
Fresh beans, cooked from dry	1/2 cup	5

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
Fresh beans, black-eyed peas, cooked	1/2 cup	5
Fresh beans, lentils, cooked	1/2 cup	0
Fresh beans, split peas, cooked	1/2 cup	0
Canned baked beans, with meat	1/2 cup	555
Canned baked beans, without meat	1/2 cup	215
Canned beans, kidney or chili	1/2 cup	215
Canned black-eyed peas	1/2 cup	360
Canned refried beans	1/2 cup	535
<b>Fast Food</b>		
Arby's Regular Roast Beef	1	1009
Arby's Potato Cakes	1 serving	397
Burger King Hamburger	1	520
Burger King Cheeseburger	1	760
Burger King Whopper	1	900
Burger King Chicken Sandwich	1	765
Burger King Small French Fries	1 serving	550
Burger King Croissan'wich with sausage, egg, cheese	1	1120

Food Item	Amount	Sodium (mg)
Dairy Queen Hamburger	1	630
Dairy Queen Cheeseburger	1	850
Dairy Queen Fish sandwich	1	875
Dairy Queen French fries, medium	1 serving	630
Dairy Queen Onion Rings	1 ring	180
Dairy Queen DQ Sandwich	1	115
Dairy Queen Heath Blizzard, medium	1	580
Dairy Queen Mr. Misty, medium	1	30
Domino's Pizza cheese, Lg. Hand Tossed .	1 slice	669
Domino's Pizza tossed Deluxe, 16' diam.	1 slice	500
Kentucky Fried Chicken (KFC) Original Recipe Chicken Center breast	1	1116
KFC chicken sandwich	1	1213
KFC Extra Crispy Chicken Center breast	1	930
KFC Extra Crispy Chicken Value BBQ Chicken Sandwich	1	290
KFC Hot & Spicy Chicken Center breast	1	1110
KFC Hot & Spicy Chicken Spicy Buffalo Strips	1	1110

## SODIUM COUNTER

Food Item	Amount	Sodium (mg)
KFC Tender Roast Chicken Center breast without skin	1	797
KFC Kentucky Nuggets	6	865
KFC Mashed potatoes and gravy	1 serving	440
KFC Buttermilk biscuit	1	560
McDonald's Hamburger	1	580
McDonald's Cheeseburger	1	820
McDonald's Quarter Pounder with cheese	1	1290
McDonald's Grilled Chicken Deluxe	1	1040
McDonald's Big Mac	1	1070
McDonald's Chicken McNuggets	6	510
McDonald's Filet-O-Fish	1	870
McDonald's Garden Salad without dressing	1	20
McDonald's Grilled Chicken Salad without dressing	1	240
McDonald's Egg McMuffin	1	790
Subway (6 inch subs) Subway Club	1	1352
Subway (6 inch subs) Roast Beef	1	939
Subway (6 inch subs) Roasted Chicken Breast	1	978
Subway (6 inch subs) Meatball	1	1046

Food Item	Amount	Sodium (mg)
Taco Bell Bean burrito	1	1100
Taco Bell Grilled Chicken soft taco	1	540
Taco Bell Grilled Steak soft taco	1	1020
Taco Bell Taco	1	330
Taco Bell Taco salad & salsa with Taco Bell shell	1	1780
Taco Bell Nachos Bellgrande	1 serving	1310
Wendy's Hamburger with everything	1	920
Wendy's Jr. Cheeseburger	1	830
Wendy's Chicken Club Sandwich	1	970
Wendy's Chili, small	1 serving	800
Wendy's Grilled Chicken Caesar Salad	1	1170
Wendy's Baked potato with broccoli & cheese	1	470
Wendy's Baked potato with chili & cheese	1	770



# HEART FAILURE ZONES

## EVERY DAY

- Weigh yourself in the morning, before you eat breakfast. Keep a daily log to compare your weight from the previous day.
- Take all your medications as prescribed.
- Check your feet, ankles, legs, or stomach for any swelling (edema).
- Eat a low salt diet. Do not add or cook with ANY salt to your foods.
- Maintain fluid intake under 2 liters (64 oz.).

## GREEN ZONE - ALL CLEAR

**This zone is your daily goal, your symptoms are under control.**

- No weight gain or weight gain less than 2 pounds in 24 hours.
- No swelling (edema) in your feet, ankles, legs, or stomach.
- No shortness of breath.

## YELLOW ZONE - CAUTION

**This is a warning zone. If any of the following call your doctor.**

- Weight gain greater than 2 pounds in 24 hours or 5 pounds in 1 week.
- More swelling in your feet, ankles, legs, or stomach.
- More short of breath.
- No energy; more tired.
- Dry hacking cough.
- Difficulty with your daily activities.
- Lightheaded or dizzy.

## RED ZONE - EMERGENCY



**STOP**

**Call 911**  
or  
**go directly to the  
Emergency Room.**

- Struggling to breathe. More difficult to breathe.
- Chest pain, chest tightness (if severe and/or lasts for longer than 15 min).
- Confusion.



# Daily Weight and Blood Pressure Chart

	Sunday Date:	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:
Weight							
Blood Pressure							

	Sunday Date:	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:
Weight							
Blood Pressure							

	Sunday Date:	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:
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Blood Pressure							

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## Resources

[www.stelizabeth.com](http://www.stelizabeth.com)  
[www.smarthealthtoday.com](http://www.smarthealthtoday.com)  
[www.mayoclinic.org](http://www.mayoclinic.org)  
[www.mayoclinic.org/healthy-lifestyle/recipes](http://www.mayoclinic.org/healthy-lifestyle/recipes)  
[www.americanheart.org](http://www.americanheart.org)  
[www.diabetes.org](http://www.diabetes.org)  
[www.fda.gov/food](http://www.fda.gov/food)  
[www.eatright.org](http://www.eatright.org)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease)  
[www.nhlbi.nih.gov/health](http://www.nhlbi.nih.gov/health)  
[www.abouthf.com](http://www.abouthf.com)  
[www.chfpatients.com](http://www.chfpatients.com)  
[www.stelizabethphysicians.com](http://www.stelizabethphysicians.com)



MyChart is a free secure online service to help manage your health care. With MyChart, you can use the internet to:

- communicate with your physician
- view your test results
- request prescription refills
- request appointments

To sign up for this free service or to learn more, visit [mychart.stelizabeth.com](http://mychart.stelizabeth.com) or contact your physician office.

## Apps

### Smoking Cessation



smokefreeTXT



MyQuitCoach



QuitSTART

### Other



ASCVD Risk



MyHealthyHabits



MyFitnessPal

### Healthy Eating



Fooducate



HealthyOut

### Exercise



Hot5



Runkeeper

