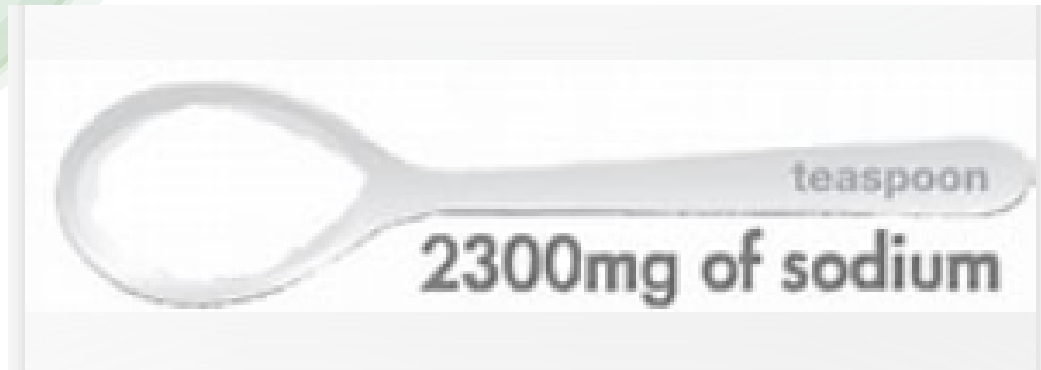


A row of fresh fruits and vegetables is displayed on a light blue surface against a light green background. From left to right, the items are: a red apple, a green pear, a head of green cabbage, a red tomato, a bunch of green asparagus, a red apple, and a green cucumber. The text "Heart Failure Healthy Diet Education" is overlaid in white, centered over the middle of the row.

Heart Failure Healthy Diet Education

AAHFN March 2024



- 1 tsp of salt > 2000 mg Na
- Too much Na will cause fluid retention
- Break down the 2000 mg to 500 mg of Na a meal

Recommended: 2000 mg Sodium (Na) Diet

Fresh Alternatives to Salt



Fresh Herbs



Basil

Coriander

Arugula

Marjoram

Mint



Bay leaves



Savory

Herbs



Rosemary



Sage



Tarragon



Thyme



Parsley



Oregano



Dill

Alternatives to Salt



Avoid

- Morton's Light Salt
- No Salt
- New Salt
- Pink salt
- Himalayan salt
- Sea Salt



Heart Healthy Foods

- Fresh Fruits
- Fresh Vegetables
- Lean cuts of meat like chicken, beef, seafood and turkey



Foods to Avoid

- Canned vegetables and soups
- Processed meats
- Fast food restaurant foods
- Hot Dogs
- Cheese
- Biscuits

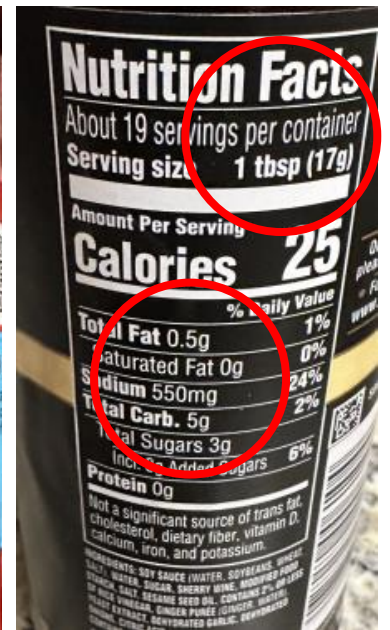


Nutrition Labels

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 240mg 6%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Examples of Nutrition Labels



Good Breakfast Options:

- Oatmeal or Grits that are cooked. Not the instant packets
- Cold Cereal and milk
- Egg and toast
- Fruit and Yogurt

- Avoid: bacon, ham, sausage and biscuits



Lunch Options

- Leftovers from dinner
- Salads
- Sandwiches made with fresh meat not processed meats (grilled chicken, Turkey breast, beef roast)
- Bread has 100 mg Na a slice so factor that into your meal
- Pay attention to condiment labels like ketchup, salad dressings, mayonnaise



Salads

- Add all the lettuce and fresh vegetables you want
- Limit cheese
- Limit croutons
- Limit Salad dressings



Salad dressing labels

Ingredients

WATER, APPLE CIDER VINEGAR*, EXPELLER-PRESSED CANOLA OIL*, HONEY*, CANE SUGAR*, RASPBERRY JUICE CONCENTRATE*, STONE GROUND MUSTARD* (APPLE CIDER VINEGAR*, WATER, MUSTARD SEED*, SEA SALT, CLOVE*), XANTHAN GUM, SEA SALT, COLOR* (BLACK CARROT*, APPLE* AND BLACK CURRANT JUICE CONCENTRATES*), NATURAL FLAVOR, CITRIC ACID. *ORGANIC

DOES NOT CONTAIN DECLARATION OBLIGATORY ALLERGENS

Nutrition Facts

Serving size: 2 Tbsp (31g)

Amount per serving
Calories 45
As Packaged

Food component / Nutrient	Amount As Packaged	% DV* As Packaged
Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	5g	2%
Dietary Fiber	0g	0%
Total Sugars	4g	—
Incl. Added Sugars	4g	7%
Protein	0g	—
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%



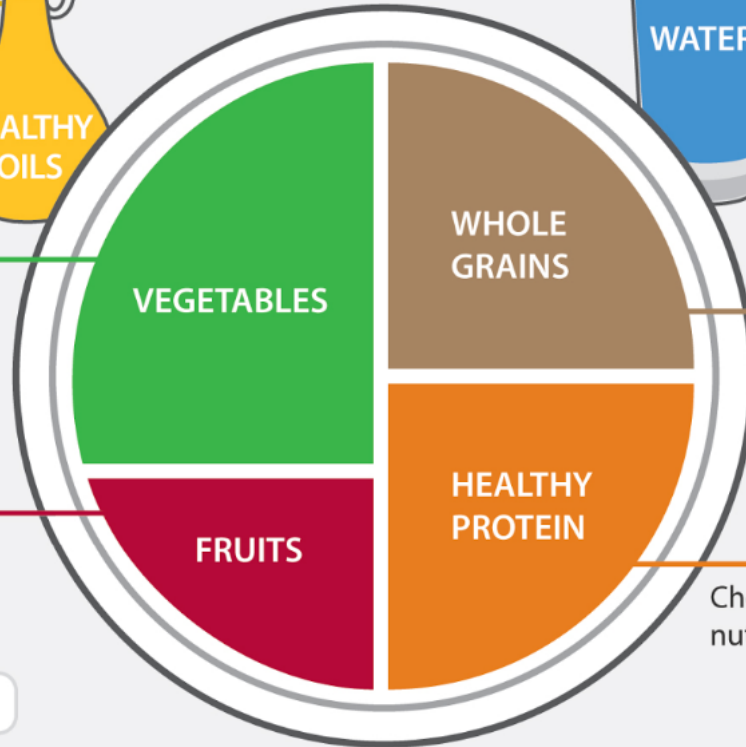
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Dinner ideas

- Look at the Healthy Eating plate
- Healthy protein- lean beef, chicken, seafood or turkey
- Vegetables
- Fruit
- Whole Grains
- Be careful with packaged meals, frozen dinners, seasoning packets

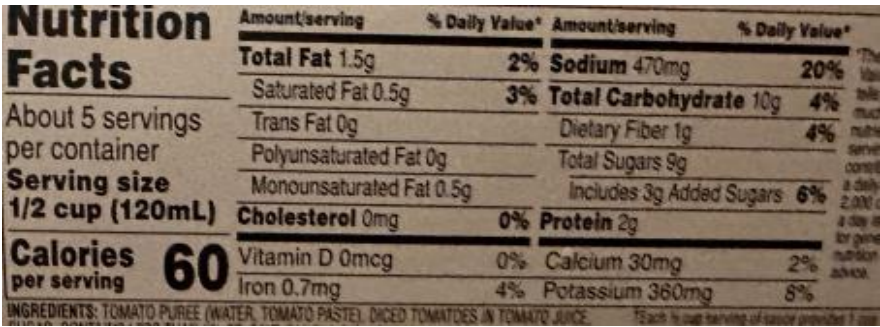


Healthy Snacks

- Fresh Fruit
- Fresh Vegetable sticks
- Unsalted nuts
- Unsalted popcorn
- Hint of salt crackers
- Hummus



More Labels



Good
Options



Compare
labels



Nutrition Facts
About 13 servings per container
Serving size About 15 chips (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
	6%



Nutrition Facts
13 servings per container
Serving size About 15 chips (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	

Eating Out Tips

- Plan ahead
- Check menus before going to decide what has the lower sodium options
- Ask the cook to not add any salt to your food
- Chose the freshest options on the menu
- Share a meal with a family member or friend
- Ask to place half your meal in a to go bag to eat at a later time

















Healthy Diet plan/ ideas

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

 **Eat This**

 **Limit This**

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

www.nhlbi.nih.gov/DASH



NIH

National Heart, Lung,
and Blood Institute



Mediterranean diet

MEDITERRANEAN DIET

- Vegetables, fruit, beans, lentils and nuts.
- Whole grains, like whole-wheat bread and brown rice.
- Extra virgin olive oil – a healthy fat.
- Fish, rich in omega-3 fatty acids.
- A moderate amount of cheese and yogurt.
- Little to no meat, choose poultry rather than red meat.
- Eliminate or drastically reduce sweets, sugary drinks and butter.
- Wine in moderation with meals
•(but if you don't already drink, don't start!).



Plan Your Meals Around These Foods for a Mediterranean Diet

The infographic is a rounded rectangle with a blue header and a light blue body. It is divided into five sections by thin lines. Each section contains illustrations of representative foods and a label below them. The sections are: 1. Vegetables: shows a carrot, a head of broccoli, and a bowl of green salad. 2. Fruits: shows a strawberry, a pomegranate, and a bunch of blueberries. 3. Whole grains: shows a loaf of bread, a bowl of brown rice, and a bowl of soup. 4. Extra virgin olive oil: shows a bottle of olive oil with olives. 5. Beans and nuts: shows various beans and nuts like almonds and walnuts.

Vegetables.

Fruits.

Whole grains.

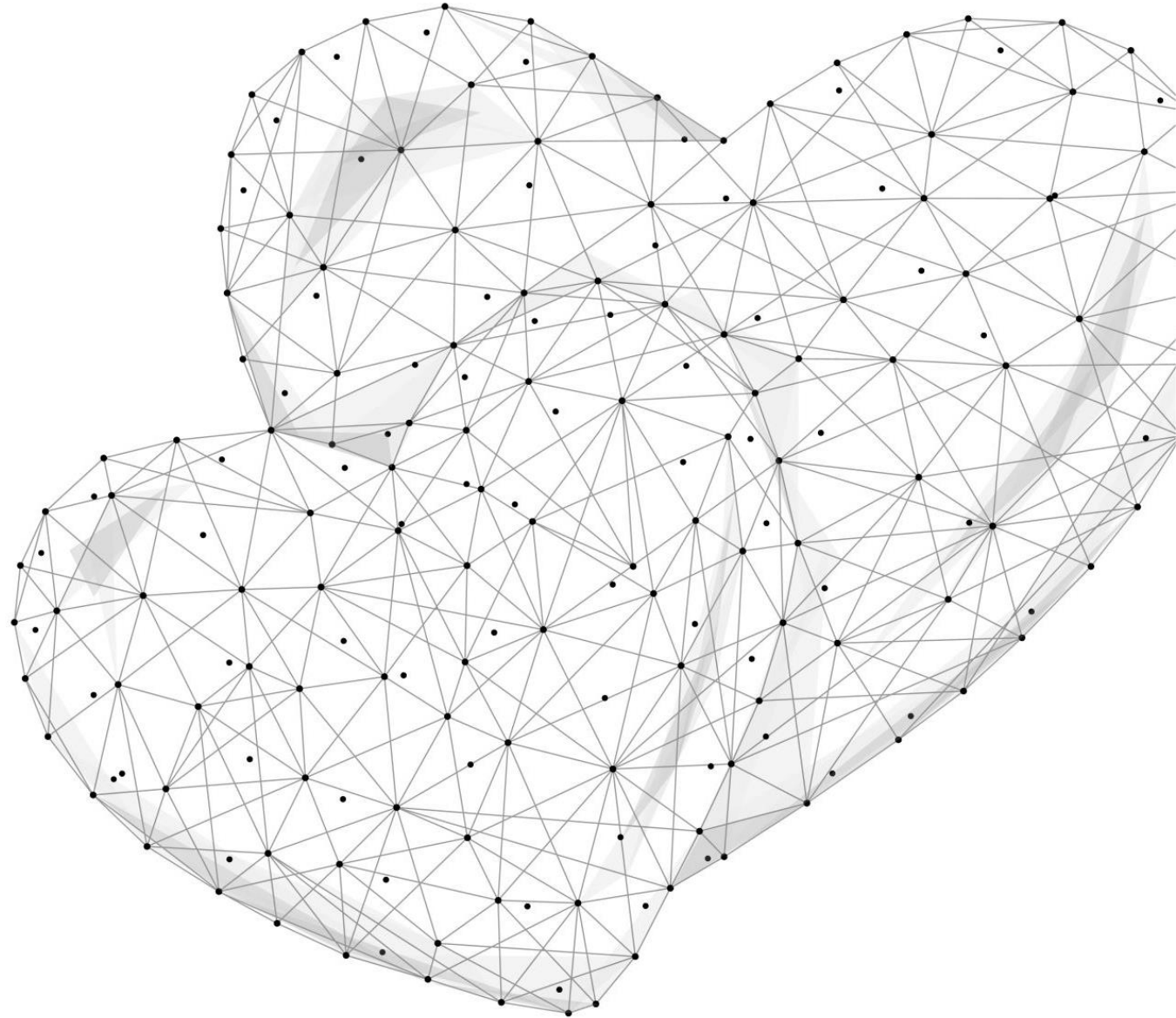
Extra virgin olive oil.

Beans and nuts.

Cleveland Clinic

References

- www.heart.org
- www.nhlbi.nih.gov
- www.health.harvard.edu
- www.clevelandclinic.org





Questions?