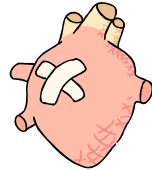


Low Sodium Diet for the treatment of Heart Failure



Reason for Diet:

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

Key Points:

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



How long do I need to follow the diet for?

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

Use the following Food List to help guide you

2000 mg Sodium Diet

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

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

SUGGESTED MENU PATTERN

Sodium Restricted Diet

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

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

FYI:

1 teaspoon of salt provides
2400 mg of sodium



TRY THESE OTHER SEASONINGS TO ADD FLAVOR

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

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



FOOD LABEL

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

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

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

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

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

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

Nutrition Facts

Serving Size 8 wafers	
Servings per Container 8	
Amount Per Serving	
Calories 130	Calories from fat 25
% Daily Value	
Total Fat 3g	5%
Sodium 180mg	7%
Total Carb. 34g	8%
Dietary Fiber 4g	0%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Calcium 0%
Iron 10%	Vitamin C 0%
* 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
Protein	50g 60g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Sodium Claims on Labels:	What is really means
Sodium Free	Less than 5 mg of sodium per serving
Salt free	Meets requirements for sodium free
Low Sodium	140 mg sodium or less per serving
Very low sodium	35 mg or less sodium per serving
Reduced Sodium	At least 25% less sodium when compared with a reference food (regular version of that food)
Light in Sodium	50% less sodium per serving, restricted to foods with more than 40 calories per serving or more than 3 g of fat per serving
Unsalted, without added salt, No salt added	No salt is added during processing. The product it resembles and substitutes for is normally processed with salt. The label bears the statement "not a sodium free food" or "not for control of sodium on the diet" if the food is not sodium free.

Helpful Hints for Fluid Control

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

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

Coffee, Tea
 Fruit Juice
 Soda
 Soups
 Gelatin
 Ice cubes



FLUID TABLE

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



www.heartsofhopemi.org

Hearts of Hope S.E. Michigan is a 501 (c) (3) nonprofit organization located in the Metro Detroit area and was established by a group of parents whose children all share a complex congenital heart defect.

Our mission is to build a community of families and friends by offering support, hope, resources and networking to those affected by congenital heart disease through our support services.

Legal Disclaimer: The information contained is made available by Hearts of Hope for informational purposes only, and is not intended to substitute the services of a healthcare professional or to replace the medical advice of physicians. The reader should consult a physician in all matters relating to health issues.

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* Referenced from Southern New Hampshire Medical Center