

## Nutritional recommendations for patients with heart failure

### Sodium

Salt is diet's main source of sodium. Its excessive intake retains fluids, increasing blood pressure and the heart's work. This is why the amount of salt in food preparation should be decreased and so must the consumption of:

- Processed deli meats.
- Sausages.
- Garlic and onion salt.
- Bases for meats.
- Package soups.
- Packaged food: potato chips, salted peanut.
- Concentrated broths.
- Canned products.
- Soy, english, black and tomato sauce.
- Dry fish.
- Canned meats with salt.
- Milk powder.
- Other products indicated by the nursing staff.



### Recommendations:

- Limit milk and cheese intake to two servings a day.  
Portion of milk: 8 oz glass.  
Portion of cheese: a thin slice.
- Limit bakery products intake:  
Bread, donuts, cookies.
- Don't use salt shaker on the table.

**DON'T add sodium bicarbonate to your food.**

## Fats

They are an important source of energy and vitamins. You should consume healthy fats such as: avocado, nuts (peanuts, walnuts, almonds), sunflower and pumpkin seeds, olive, canola, sunflower or corn oil.

### You shouldn't consume:

- Sausage.
- Bacon.
- Fatty meats.
- Cream.
- Chicken skin.
- Heavy cream.
- Butter.
- Palm oil.
- Other products indicated by the nursing staff.

## Potassium

It performs multiple functions in the body. Due to the medicines used for retained fluids elimination, it loses. That's why you should ensure an enough potassium diet (3 to 5 servings a day) with the following foods:

- Banana
- Guava
- Orange
- Papaya
- Cantaloupe
- Potato
- Carrot
- Celery stalk
- Ahuyama
- Raw tomato
- Cauliflower
- Plantain





## Liquids

When there's a high intake, fluids can build up in your body (legs, abdomen and lungs) and your heart is forced to work harder.

### If you require liquids restriction:

- Consume four to five glasses (7 oz / glass) of liquids daily or as medically indicated.
- Remember that soups, juices, ice, ice cream, gelly, and frozen desserts are liquid.
- You can consume up to four servings of fruit a day, since they contain liquid.
- Measure and record what you drink for the day.
- If you feel thirsty and have already drunk as recommended by your doctor, consume sugarless gum, lemon, or orange wedges.

### To schedule your cardiology and subspecialty control appointment:

Heart failure, Hemodynamics, Electrophysiology or Cardiovascular surgery, call the ext. 7046.

### For doubts or concerns, call:

331 9090 ext. 7445 - Cel: 312 769 2310

