



careforyou

## HEART FAILURE PROGRAM



# foods & fluids

recipe for success  
module 4



# WELCOME

Learning you or a loved one has a serious illness is overwhelming at best, devastating at worst. The first thing most of us do when we get home from the appointment that changed our lives is search the internet. We quickly see there is a mountain of valuable resources. One click leads you to hundreds more. Many of us find we've done a lot of clicking, but not a lot of learning.

To organize and clarify “need to know” heart failure information, Independent Health’s Care For You, Heart Failure Program nurses have created this module program using the Healthwise resource library accessible to everyone on the IHA website.

The nurse guiding you through the module will be able to answer questions in real time. That means less writing it down now to ask later. Resources you think may be helpful from other sources can also be reviewed.

Understanding your disease will decrease stress and give you confidence in managing it with your healthcare team.

Thank you for letting us be a part of your team.

# WHY WE ARE HERE

Our goal is to:

- Help you understand what is happening with your health.
- Receive information when you are ready to.
- Become confident in what you know about your disease so you can guide your care in a way that is true to who you are.
- Know you are not alone.

# The Power of the Plate

A proper diet is critical to successfully managing heart failure.

Nutrients that affect your body's fluid levels can quickly put you in crisis.

Salt (sodium) needs to be limited when you have heart failure.

Sodium makes your body hold on to fluid.

When you have fluid build-up your heart has to work harder.



Heart Failure: Limiting Sodium

Saturated Fat	1g
Trans Fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	160mg
<b>Total Carbohydrate</b>	
Dietary Fiber	4g
Total Sugars	12g

healthwise

Click here to learn more

[Heart Failure: Limiting Sodium \(healthwise.net\)](https://www.healthwise.net)



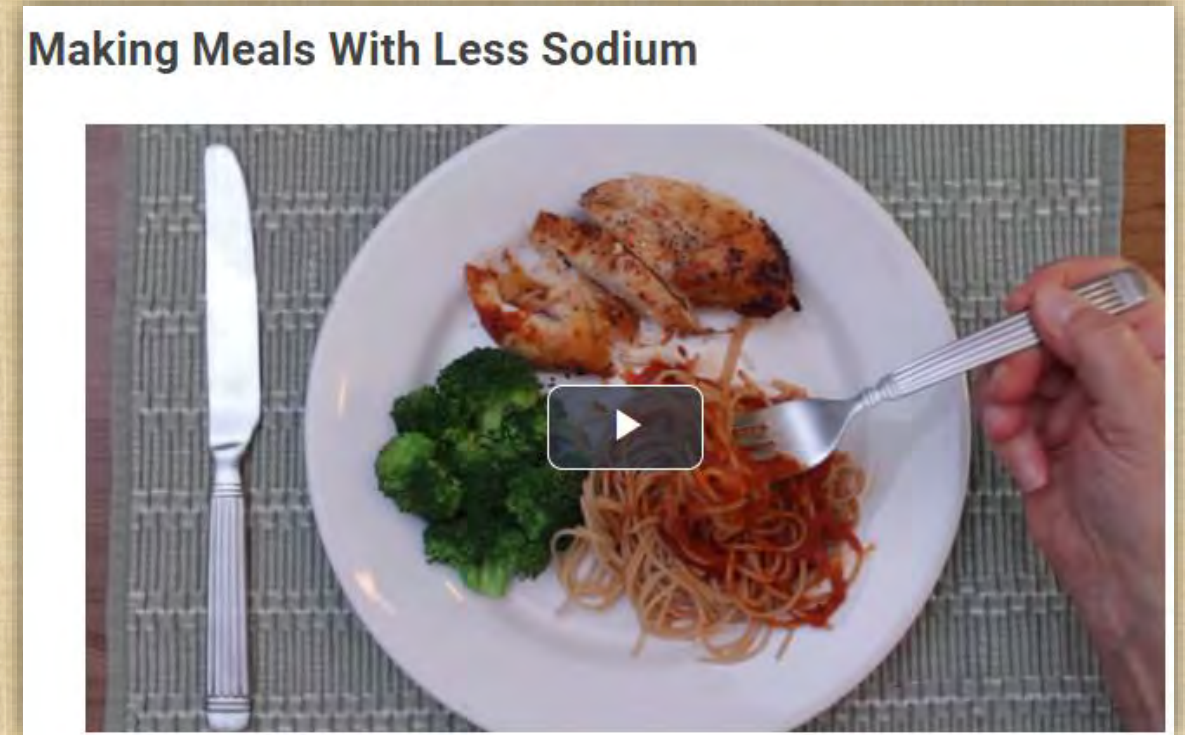
How much salt is too much salt?  
Your doctor will tell you what's  
right for you.

- Get in the habit of reading labels.
- Understanding how to determine the amount of salt gives you flexibility and control over what you eat.
- The biggest source of salt in your diet is not from your shaker. It is in processed and restaurant foods.
- To read more, click here
- [How to Find Sodium \(healthwise.net\)](http://healthwise.net)

Watch this 2-minute video for tips & tricks on making meals.

Click here to watch

[Making Meals With Less Sodium \(healthwise.net\)](http://healthwise.net)





# *eating out*

Click here to learn more  
[Low-Salt Diets: Eating Out  
\(healthwise.net\)](https://www.healthwise.net)

<b>Foods to avoid</b>	<b>Instead, choose or ask for .</b>
<b>Smoked, cured, and salted meat, fish, and poultry</b>	<b>Fresh, grilled, baked, poached, or broiled meat, fish, or poultry</b>
<b>Ham, bacon, hot dogs, luncheon meats, and cheese</b>	<b>Fresh roasted pork, turkey, or chicken</b>
<b>Canned vegetables</b>	<b>Fresh steamed vegetables with no added salt. (Assume that cooked vegetables have added salt unless you ask for them to be prepared without it.)</b>
<b>Condiments, such as pickles, olives, tartar sauce, and ketchup</b>	<b>Sliced cucumbers, malt vinegar, or low-sodium ketchup and mustard</b>
<b>Sauces, including soy sauce, tomato sauce, au jus, and gravy</b>	<b>Low-sodium tomato sauce, olive oil. Or ask for your food to be prepared without sauces, or have the sauces served on the side.</b>
<b>Salad dressings</b>	<b>Oil and vinegar, lemon juice, or low-sodium dressing</b>
<b>Soups and broths</b>	<b>Salads without croutons, bacon, cheese, or olives</b>
<b>Tomato juice or any drink that contains tomato juice, such as V-8 or Clamato. This includes alcoholic drinks like Bloody Marys.</b>	<b>Orange juice, other citrus juices, or soft drinks</b>
<b>Fried or seasoned rice</b>	<b>Steamed plain rice. (Asian restaurants often add salt to steamed rice. Be sure to ask for steamed rice without added salt.)</b>
<b>Pasta with tomato sauce</b>	<b>Pasta tossed in olive oil or with fresh tomatoes</b>

# watching your fluid intake

your doctor will tell you how much fluid you should be taking every day.



Watching your fluid intake can reduce complications & hospitalizations

All foods that melt and contain a lot of fluid like soup & ice cream, are liquids. Be sure to count them.

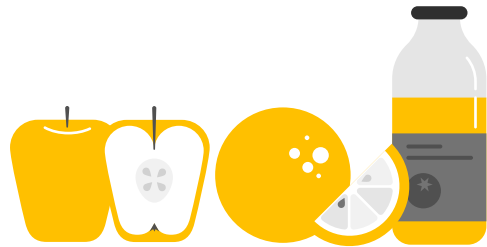
Space your liquids throughout the day. Then you won't be tempted to drink more than you should

To relieve thirst throughout the day, try chewing gum, sucking on hard candy or rinsing mouth & spitting out water.

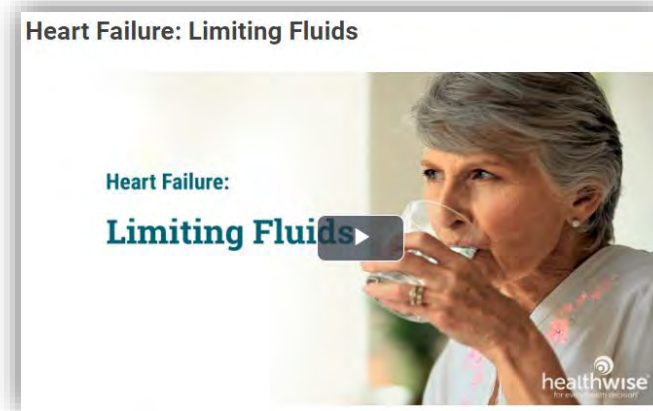


Learn more about managing fluid intake by clicking the links below.

[Heart Failure: Watching Your Fluids \(healthwise.net\)](https://www.healthwise.net/heart-failure/watching-your-fluids)



[Heart Failure: Limiting Fluids \(healthwise.net\)](https://www.healthwise.net/heart-failure/limiting-fluids)



# get the full menu on eating a healthy diet

Read about:

- Why it's important
- Vitamin & mineral supplements
- Limiting alcohol
- Needing extra calories & nutrients
- How heart failure changes how your body regulates & uses nutrients

Click here to read more

[Heart Failure: Eating a Healthy Diet \(healthwise.net\)](https://www.healthwise.net)



# Need help finding heart healthy recipe ideas?

- We can help, let us know what you need.
- The following resources are also available in your IHA Healthwise resource library.
- [Modify Recipes for a Heart-Healthy Diet \(healthwise.net\)](#)
- [American Heart Association Healthy Diet Guidelines \(healthwise.net\)](#)

Other resources:

- [Recipes | American Heart Association Recipes](#) huge searchable collection
- [Heart-healthy recipes - Mayo Clinic](#)



# MAKE YOUR HEART HEALTHY DIET PART OF YOUR DAILY ACTION PLAN

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- Monitoring your symptoms with a Daily Action Plan is the easiest way to know what to do based on your symptoms each day.
- This also lets you and your doctor know how you are responding to your dietary changes.
- To learn more, click here
- [Heart Failure Daily Action Plan \(healthwise.net\)](http://healthwise.net)

## HEART FAILURE DAILY ACTION PLAN

<b>EVERY DAY</b>	<ul style="list-style-type: none"><li>• WEIGH YOURSELF</li><li>• TAKE YOUR MEDICATIONS AS PRESCRIBED</li><li>• ACTIVITY AS TOLERATED</li><li>• LOW SALT DIET</li><li>• FLUIDS AS YOUR DOCTOR DIRECTED</li></ul>
<b>GREEN ZONE</b> <b>EXCELLENT!</b> This is where you want to be.	<ul style="list-style-type: none"><li>✓ Your weight is stable. It's not going up or down.</li><li>✓ You breathe easily.</li><li>✓ You are sleeping well. You can lie flat without shortness of breath.</li><li>✓ You can do your usual activities.</li></ul> <p><b>What to do:</b> Keep up the good work! <b>ENJOY YOUR DAY!</b></p>
<b>YELLOW ZONE</b> <b>BE CAREFUL!</b> Pay Attention Check in with your Doctor.	<ul style="list-style-type: none"><li>✓ You have new or increased shortness of breath.</li><li>✓ You are dizzy or lightheaded or feel you may faint.</li><li>✓ Sudden weight gain, 2+lbs in a day or 5lbs in a week.</li><li>✓ Increased swelling in legs, ankles or feet.</li><li>✓ So tired or weak you can't do your usual activities.</li><li>✓ Not sleeping well, shortness of breath wakes you up, need extra pillows.</li></ul> <p><b>What to do: CALL YOUR DOCTOR</b> -call both if not sure which one to call.</p> <p><b>PMD Name &amp; Number:</b></p> <p><b>Cardiologist Name &amp; Number:</b></p>
<b>RED ZONE</b> <b>THIS IS AN EMERGENCY</b>	<ul style="list-style-type: none"><li>✓ Severe trouble breathing.</li><li>✓ Coughing up pink, frothy mucus.</li><li>✓ You have a new irregular or fast heartbeat.</li><li>✓ Heart Attack symptoms-chest pain/pressure, sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, pain/pressure in back/neck/jaw or upper belly, one or both shoulders/arms.</li></ul> <p><b>What to do:</b> <b>CALL 911</b></p>



# THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ The importance of following the diet your doctor has recommended.
- ✓ How sodium intake plays a major role in managing your symptoms.
- ✓ How to adjust your meals and still enjoy them.
- ✓ How fluid intake affects your heart.
- ✓ How to measure fluid intake.
- ✓ Tips for making it easier to limit your fluid intake.
- ✓ Where to find heart failure friendly recipes.
- ✓ We are here to help you adjust to this critical piece of your care plan.

# We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

