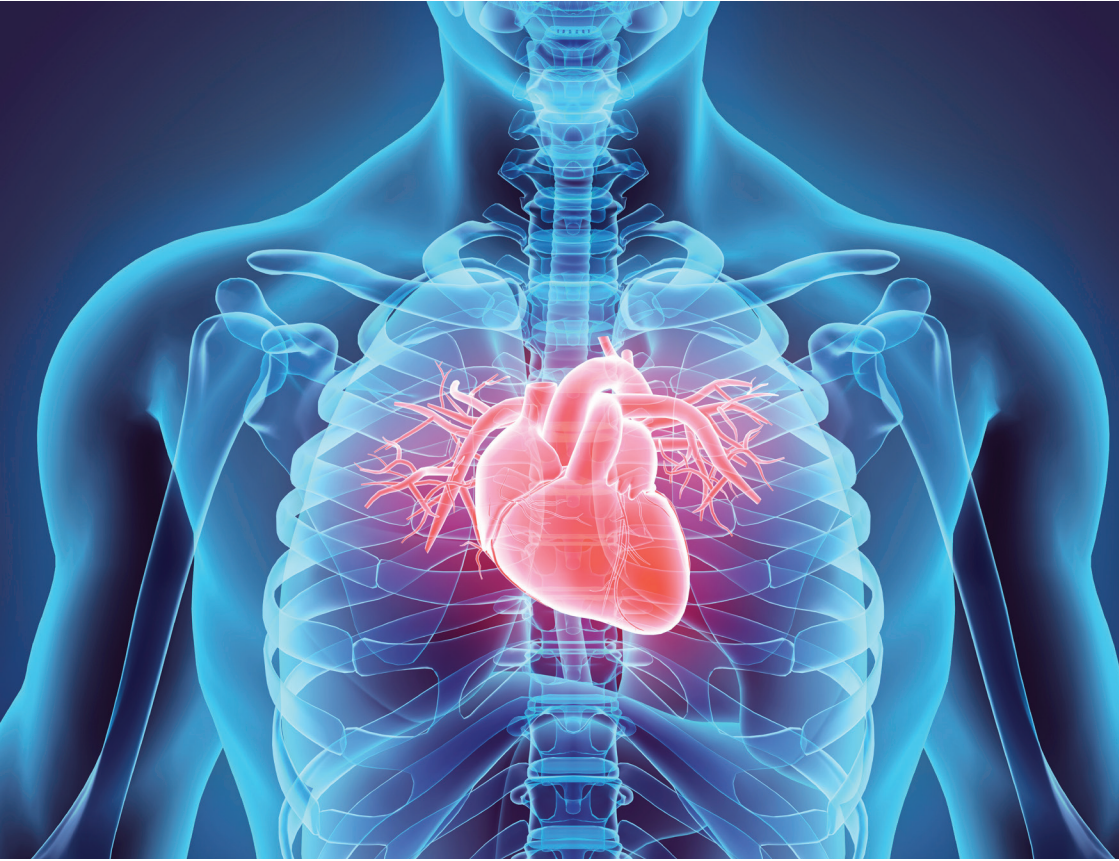


# Dietary Guideline for Heart Failure



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Heart failure is a condition in which the heart muscle has become weaker than normal and the heart is unable to pump enough blood and oxygen to meet the body's needs. Consequently, activities such as walking, climbing stairs, and carrying objects will become more difficult.

With heart failure, the heart becomes less efficient; the body will try to compensate by retaining fluid. If you drink too much fluid, you may get symptoms such as swelling, weight gain, and shortness of breath.

**Limiting how much you drink, and how much salt (sodium) you consume, can help prevent these symptoms.**



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## Fluid

Individuals with HF (heart failure) have different fluid requirements depending on their current assessment, as per the following table:

Physical assessment	Recommendation
Acute decompensated HF	Limit fluid to less than 8 cups (less than 2.0L daily) when hyponatremia is present
Congestive heart failure (CHF)	Limit fluid intake to 6 to 8 cups (1.5 – 2.0L daily)
Ambulatory people with HF	Limit fluid intake to 6 to 8 cups (1.5 – 2.0L daily)

### Examples of fluids and foods that count as part of total fluid:

**Fluids:** Water, ice, juice, tea, coffee, thin soup, and milk.

**Foods:** Foods that are liquid at room temperature or that contain large amounts of fluid and are consumed in large quantities daily.

### The following table includes examples of foods that contain large amounts of fluid:

Foods	Fluid ml	Foods	Fluid ml
½ cup jelly or custard	120ml	200g yoghurt	160ml
2 scoops ice cream	30ml	1 cup cooked porridge	160ml
½ cup melon	100ml	1 orange	120ml
½ cup watermelon	100ml	½ grapefruit	120ml
1 medium fruit (pear or apple)	80ml	½ cup cooked cereal	120ml

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## Tips for fluid control:

- Use jugs or measuring cups to measure your daily fluid intake accurately.
- Fill up a jug of water with your daily fluid allowance each morning and use this to keep track of how much fluid you are drinking throughout the day. If drinking other fluids or having foods that contain fluids, pour the amount of fluid out of your jug to account for these other fluids and/or foods.
- Spread your fluid allowance over the day – don't drink it all at once!
- Drink from small cups rather than large cups.
- Sodium causes your body to hold extra fluid, so limit salt and avoid salty foods as these make you thirsty.
- If you feel thirsty, and to restrict fluid intake:
  1. Try sucking on a piece of ice; but remember to include this in your fluid count.
  2. Try chewing sugar-free gum or sucking on sugar-free candy to stimulate salivary glands.
  3. Try brushing your teeth.
  4. Try sucking on pieces of mint, or pieces of frozen fruit like grapes or strawberries.

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1 Cup = 240ml  
1/2 Cup = 120ml  
1/4 Cup = 60ml  
1/8 Cup = 30ml  
1 Tablespoon tbsp = 15ml  
1 Teaspoon tsp = 5ml

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## Sodium (Salt)

Why dietary sodium is a concern in people with heart failure?

Sodium helps to regulate fluid balance in the body. It can help reduce fluid retention and improve HF symptoms.

The recommended amount of dietary sodium for people with heart failure is less than 2000 mg/day.

### Tips for sodium control:

1. Eliminate salty and processed foods (pickles, canned foods, fast foods) from your diet.
2. Choose low- or reduced sodium, or no-salt added versions of foods.
3. Choose fresh, frozen, or low-sodium and no-added salt vegetables and fruits.
4. Use fresh poultry, fish, and lean meat rather than canned, smoked, or processed types.
5. Choose ready-to-eat breakfast cereals that are lower in sodium.
6. Limit your intake of cured foods such as (bacon, luncheon meats, etc.), foods packed in brine (pickles, pickled vegetables, olives, and sauerkraut), and condiments such as (mustard, horseradish, ketchup, and barbecue sauce).
7. Prepare rice, pasta, bread, and hot cereals with minimal salt, or ideally with no salt.
8. Limit your intake of instant soups, noodles, sauces, flavored rice, pasta, and cereal mixes, which usually have added salt.
9. Limit your intake of 'ready to eat' frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings.
10. Rinse canned foods, such as tuna and canned beans.
11. □Remove the salt shaker and ready-made sauces from your dinner table.
12. □Be creative and season your foods with spices, herbs, lemon, lime, garlic, ginger, vinegar, and pepper.

## Nutrition Facts

Serving Size 1/2 cup (114g) Servings Per Container 4
<b>Amount Per Serving</b>
<b>Calories</b> 90 Calories from Fat 30
% Daily Value*
<b>Total Fat</b> 3 g 5%
Saturated Fat 0g 0%
<b>Cholesterol</b> 0mg 0%
<b>Sodium</b> 140mg 13%
<b>Total Carbohydrate</b> 13g 4%
Dietary Fiber 3g 12%
Sugars 3g
<b>Protein</b> 3g
Vitamin A 80% Vitamin C 60%
Calcium 4% 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: Calorie s 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 Fiber 25g- 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4

### Reading Food Labels:

The “Nutrition Facts” label, lists sodium in milligrams (mg). When reading labels, Choose food that contains less than 140 mg sodium per serving.

The following is a sample of Nutrition label. Always Check to see how many Servings are in the box or can. If you eat a portion greater than a serving size, you end up with more salt intake than as is listed on the label.

## Food labeling definitions:

Terms	Sodium per serving
Sodium free or salt free	Less than 5 mg
Very low sodium	35mg or less
Low sodium	140mg or less
Reduced sodium/Less sodium/ Light in sodium	At least 25% reduction of sodium
Unsalted or no salt added	No salt added during processing (not sodium free)

### Do you know?

One teaspoon of salt contains approximately 2300 mg of sodium. Use less than ½ teaspoon of salt per day (2.5g)

## Recommended and not recommended foods for heart failure patients:

Food Group	Foods Recommended	Foods not Recommended
Grains	<ul style="list-style-type: none"> <li>• Bread, khubus, chapathi, rice, pasta, oats, semolina, vermicelli, barley, quinoa, bulgur, rye, and wheat products.</li> <li>• Preferred to choose whole grain/wheat products.</li> <li>• Breakfast cereals with low sodium (check label).</li> <li>• Low sodium unsalted crackers and unsalted pretzels.</li> </ul>	<ul style="list-style-type: none"> <li>• Baked foods made with hydrogenated fat or saturated fat.</li> <li>• Any grain that is high in sodium or added sugar.</li> <li>• Bread and rolls with salted tops, quick breads, self-rising flour, pancakes, waffles mixes, pre-packed processed pasta, such as ready-made noodles, salted popcorns, pizzas and chips, salty crackers.</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Fresh and frozen vegetables, low sodium canned vegetables (check labels).</li> <li>• Low sodium vegetable sauces.</li> <li>• Low salt tomato paste.</li> </ul>	<ul style="list-style-type: none"> <li>• Canned vegetables (unless they are low sodium or salt-free),</li> <li>• pickles, vegetables packed in brine, such as sauerkraut and olives, vegetables in cream or butter sauces.</li> <li>• Dried tomatoes.</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Fresh, frozen, canned or dried fruit.</li> <li>• Fresh fruit juices.</li> <li>• Jams.</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fruits and fruits in cream or butter sauces.</li> </ul>



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Food Group	Foods Recommended	Foods not Recommended
Milk and Milk Products	<ul style="list-style-type: none"><li>• Skimmed or low-fat milk.</li><li>• Skimmed or low-fat yoghurt.</li><li>• Low sodium or unsalted low-fat cheese, low-salt, low-fat labneh.</li><li>• Unsalted low-fat laban.</li></ul>	<ul style="list-style-type: none"><li>• Full-fat milk and milk products.</li><li>• Salty and regular cheese (i.e. feta and akkawi).</li><li>• Salty and regular labneh, salted laban eyran, jameed and eghet.</li><li>• Processed cheese products and foods made from whole milk or cream (such as ice cream).</li></ul>
Meat and Legumes	<ul style="list-style-type: none"><li>• Fish (especially fatty fish, such as salmon, fresh tuna, king fish, or mackerel).</li><li>• Lean cuts of meat (loin, leg, round).</li><li>• Low sodium cold cuts made with lean meat or soy protein.</li><li>• Skinless poultry.</li><li>• Dried beans and peas.</li><li>• Lower sodium meat alternatives made with soy or textured vegetable protein.</li><li>• Egg whites.</li><li>• Whole eggs; 2 to 3 times/week.</li></ul>	<ul style="list-style-type: none"><li>• Canned or smoked meat, chicken, fish.</li><li>• Marbled or fatty meats (such as bacon, sausage, hot dogs, burgers).</li><li>• Poultry with skin.</li><li>• High-sodium cold cuts meat (such as luncheon meats, i.e. salami).</li><li>• Canned beans.</li></ul>

Food Group	Foods Recommended	Foods not Recommended
Fats, Oils, and Nuts	<ul style="list-style-type: none"> <li>• Vegetable oils (soybean, olive, canola, sunflower, corn oil).</li> <li>• Unsalted seeds.</li> <li>• Avocado.</li> <li>• Unsalted nuts and nut butters.</li> </ul>	<ul style="list-style-type: none"> <li>• Solid or hydrogenated cooking fats (shortening, butter, margarine, ghee).</li> <li>• Saturated oils (palm or coconut oil).</li> <li>• Salad dressings; Mayonnaise.</li> </ul>
Seasonings and Condiments	<ul style="list-style-type: none"> <li>• Pepper, herbs, spices, vinegar, lemon and lime juices; salt-free seasoning mixes.</li> </ul>	<ul style="list-style-type: none"> <li>• Salt, seasoning mixes made with salt, garlic, celery, onion. Sodium compounds such as MSG or foods that contain it.</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>• Unsalted popcorn.</li> <li>• Honey and jam.</li> <li>• Bread sticks.</li> <li>• Rusk.</li> <li>• Sweets and desserts made without salt. Desserts made from low-fat milk, i.e. khanfaroush, porridge, and rice pudding.</li> <li>• Frozen juice bars and fruit ice.</li> </ul>	<ul style="list-style-type: none"> <li>• Soy sauce, ketchup, barbecue sauce, Worcestershire sauce.</li> <li>• Canned or dried soups, stock cubes.</li> <li>• Soft drinks (carbonated drinks), energy drinks, snack foods made with hydrogenated oil, shortening or butter.</li> <li>• High-sodium snack foods (chips, pretzels, pastries, salted nuts).</li> <li>• High-fat, high-sugar desserts.</li> <li>• High-fat gravies and sauces.</li> <li>• Ready to use mixes; cakes and muffins.</li> </ul>

## Constipation:


It is important to reduce and avoid constipation, as it may contribute to chest pain, shortness of breath, or an irregular heart rate in a person with heart failure.

- To help prevent and treat constipation, include fibrous foods in your daily diet, such as:
  - \* Wholegrain cereals and breads
  - \* Fruits and vegetables (include the skins where possible)
  - \* Legumes, i.e. baked beans (no added salt), red kidney beans, lentils, and chickpeas.
- Do not drink less than your recommended fluid allowance.
- Discuss suitable alternatives with your physician if constipation continues.



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