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Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health
Information at 614-293-3707 or health-info@osu.edu.

© 2014 - March 28, 2019, The Ohio State University Wexner Medical Center.
Thank you for choosing the The Ohio State University Wexner Medical Center for your health care. Our team of doctors, nurses and staff work together to help you, our patients and families, find ways to manage this health condition.

Heart failure is a chronic condition. Every day you need to make choices to protect your heart. There is no cure for heart failure, and we want your heart to work as well as it can. We want you to have a good quality of life. Follow this plan for your heart and health:

- **Eat a very low sodium diet or less than 2,000 milligrams a day.**
- **Have 64 ounces (2000 milliliters) fluid or less a day.**
- **Take your medicines every day, even if you feel well.**
- **Weigh yourself each morning.** Call the Heart Failure Nurse Navigator or your cardiologist if you gain 2 or more pounds a day or 5 pounds in a week.
- **Go to cardiac rehabilitation.**

Ask your family and friends to support these behaviors. Ask questions and share your concerns with us. We want you to have good heart health.

Sincerely,

Your Ross Heart Hospital Team
When to Contact Your Provider

Contact the Heart Failure Nurse Navigator, your cardiologist or your primary care provider if you have any of these symptoms, concerns or need to schedule an appointment:

- A weight gain of 2 or more pounds in 24 hours or 5 pounds in a week.
- More shortness of breath than usual. For example, if you need more pillows to sleep or are sleeping in a chair, call for support.
- Tightness or pain in your chest.
- Coughing at night.
- Increased swelling in your legs, feet, ankles or stomach or your shoes or pants feel tight.
- Dizziness or fainting.
- Lack of appetite.
- Illness or infection, such as a cold or the flu, with fever or chills.
- Nausea and/or vomiting.
- Constipation and/or diarrhea.
- Very fast heart rate (120 beats or more per minute).
- Very slow heart rate (50 beats or less per minute).
- Any side effects to medicines that cause you to have questions or concerns.

Do not wait to ask questions until your next health visit. Call or make an appointment with one of your health care providers if you notice changes to your health for your health and safety.
Overview: What You Can Do

You can have a good quality of life with heart failure if you actively manage your condition. These lifestyle behaviors will help you to protect your health and help your heart.

**Take your heart failure medicines everyday.**

Take your medicines as directed by your provider. Plan for refills several days before you run out. It can take time to get medicines approved by your provider and filled. Talk to your provider before taking any over the counter (OTC) medicines for your safety.

**Limit fluids to 64 oz or 2,000 ml a day.**

Find a strategy that works for you to manage your fluid intake. It is important to balance your fluids and salt for a heart healthy diet. Stay within your fluid limits by sipping drinks and balancing what you drink with high water content foods, such as fruit or ice cream.

**Eat a very low sodium diet, less than 2000 mg a day.**

Read food labels and plan for low salt meals and snacks. Cook at home and use herbs and spices for great tasting meals instead of pre-packaged meals or processed foods.

**Weigh yourself every morning.**

Weigh yourself after using the bathroom and before breakfast every morning. Weigh yourself at about the same time, wearing clothing of similar weight to get an accurate measure of weight. Place the scale on a flat, hard surface, such as wood or tile flooring, not carpet.

**Attend cardiac rehabilitation.**

Cardiac rehabilitation is a medically-supervised program for heart patients. It includes activity, education and support for a heart healthy lifestyle. Cardiac rehab is often covered by insurance. Payment plan options are also available. The goal is to keep you healthy and your heart failure controlled.
Understanding Heart Failure

How heart failure works

Your heart is a muscle that pumps blood to all parts of your body. When you have heart failure, your heart has trouble keeping up with the amount of blood it needs to pump for normal function.

There are 2 types of heart failure and both affect the lower chambers of the heart, called ventricles. You may have one or both types:

- **Systolic**: Your heart tries to allow more blood in by stretching like a rubber band to push more blood out. The walls of the heart muscle are weaker and your heart has to work harder to contract and pump blood. The heart beat can become irregular over time as it loses elasticity.

- **Diastolic**: Your heart muscle becomes more rigid or stiff. It is harder for blood to enter the heart, so the heart works harder to push blood in and out.

Heart failure is called "congestive" because as the heart has more trouble pumping blood, it can cause fluid to back up in the body.

- If fluid backs up near the lungs, it may feel harder to breathe.
- Extra fluid can cause swelling in your abdomen, legs and feet.
- You may feel tired as your body works harder to do its normal job.

To check heart function, we will test how well blood pumps through your left ventricle. This is called an **ejection fraction (EF)**. Other tests may also be used to check your heart function. An EF is greater than 50% is considered normal. With heart failure, you may have a lower number.

My EF is ________________________________
Causes of heart failure

There are many reasons for heart failure. You may have one or more of these health issues:

- Inherited heart problems (genetics)
- Heart attack
- Heart disease, including valve disease or coronary artery disease
- Lung disease
- High blood pressure
- Diabetes
- Infection
- Alcohol use
- Toxic effect of some medicines
- Drug use, such as cocaine

Tests that check how well your heart works

Your doctor or health care provider may order these tests to check your heart, including:

- **Electrocardiogram (EKG):** to check how fast your heart beats and its rhythm.
- **Chest x-ray:** to check how your heart and lungs are working.
- **Pulmonary function test:** to check how well your body is able to move air in and out of your lungs and how easy it is for you to breathe.
- **Echocardiography or echo:** uses sounds waves to see how well blood moves through the heart and how well the heart valves open and close.
- **Doppler ultrasound:** uses sound waves to see how fast blood moves through the heart and checks to see if it moves in the correction direction.
- **Left and right cardiac catheterization:** contrast (dye) is injected to check the chambers, valves and arteries of the heart. Tell your provider if you have an allergy to contrast.
- **Cardiac magnetic resonance imaging (MRI):** uses magnets and radio waves to create a picture of your heart as it beats.
- **Nuclear heart scan:** uses a medicine, called a contrast, that goes into your bloodstream to create pictures about how your heart works.
- **Stress test:** can be done with exercise or with medicine to check how your heart beats when it is working hard. This may include a VO2 test, which uses a treadmill to measure oxygen levels.
Limiting Your Fluids

Tell your provider if you have a water softener for drinking water at home. Water softeners use salt in the softening agent. Choose bottled water if you can to avoid this extra amount of salt.

Limit total daily fluids to 64 oz or 2,000 ml a day

Here are some ways to track fluids. Choose the method that works best for you:

1. Use your hospital water pitcher. If you have a 0.5 L or ½ liter pitcher, it can be refilled 3 times per day for 1500 ml. You may be able to have up to 500 ml more for fluid in foods, such as soup or ice cream, add ice to drinks, take medicines or drink water when brushing your teeth. The lines on the pitcher will show you how many milliliters or ounces you have drank.

Note: If you have a large hospital water pitcher at home, use a limit of 1 ½ refills.

2. In the morning, pour 64 oz or 2,000 ml of water into a large pitcher or 2 liter soda bottle. Each time you drink any kind of fluid, pour out the same amount of water. When the pitcher is empty, you are finished for the day.

3. Pour drinks into eight (8), 8 ounce cups for a total of 64 oz or 2,000 ml. Or use smaller cups and increase the number of portions for more beverage variety.

<table>
<thead>
<tr>
<th>Fluid Conversion Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart (qt.)</td>
</tr>
<tr>
<td>2½ cups</td>
</tr>
<tr>
<td>1 pint (pt.)</td>
</tr>
<tr>
<td>1 cup (c.)</td>
</tr>
<tr>
<td>¾ cup</td>
</tr>
<tr>
<td>⅔ cup</td>
</tr>
<tr>
<td>½ cup</td>
</tr>
<tr>
<td>⅓ cup</td>
</tr>
<tr>
<td>¼ cup</td>
</tr>
<tr>
<td>1 Tablespoon (Tbsp)</td>
</tr>
<tr>
<td>1 teaspoon (tsp)</td>
</tr>
</tbody>
</table>

What if liquids are written in cubic centimeters?

Medicines may be written in cubic centimeter or cc. As a helpful guide, 1 cc = 1 ml. This means that:

1 teaspoon = 5 cc = 5 ml
2 teaspoons = 10 cc = 10 ml
### Staying within fluid levels

Here is an example of daily fluids. This example has 60 ounces, which is below the 64 ounce limit per day.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food and fluid amount</th>
</tr>
</thead>
</table>
| Breakfast     | 1 cup (8 oz) coffee or tea  
1 cup (8 oz) milk  
1 cup frosted shredded wheat squares cereal  
1 poached egg  
1 piece of toast with  
1 teaspoon butter and  
1 teaspoons jelly  
1 medium banana (1/2 c. fluid) |
| Lunch         | 1 cup (8 oz) soda product  
1 grilled chicken sandwich --  
3 ounces grilled chicken,  
1 Tablespoon mayonnaise,  
lettuce and tomato  
1 whole wheat roll  
1/2 cup carrot sticks  
1 medium apple (1/2 c. fluid)  
1/2 cup unsalted pretzels |
| Snack         | 1 cup (8 oz) iced tea with 2 cubes of ice (60 ml or 1/4 c.)  
8 unsalted crackers  
1 stick low sodium cheese |
| Dinner        | 1 cup (8 oz) fruit juice with 2 cubes of ice (60 ml or 1/4 c.)  
3 ounces lean beef  
1 medium baked potato with  
1 tsp butter  
1 cup steamed broccoli (fresh/frozen) with lemon and salt free herbs  
1 cup peaches (raw/canned drained of fluid) (1/2 c. fluid) |
| Snack         | 1 cup (8 oz) tea  
1 cup ice cream (1/2 c. fluid) |
| Fluid total   | 60 fluid oz; the daily goal is less than 64 ounces. |

### Tips for managing fluids

Keep track of fluids in what you eat and drink.

- Measure out water, coffee, tea, juice, carbonated beverages, all hot or cold drinks and soups.
- Limit milk to 2 cups per day.
- **Tell your provider if you have a water softener for drinking water at home.** This adds salt to the water you drink.
- **Avoid** sports drinks, energy drinks, regular tomato juice, carbonated beverages with sodium or salt added, whole milk, buttermilk, instant cocoa and commercially made milkshakes.
- **Avoid alcohol**, such as wine, beer or liquor. Alcohol can change how well your heart medicine works. Talk with your provider about alcohol.

<table>
<thead>
<tr>
<th>Fluid</th>
<th>Equivalent in c. fluid/ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice, 1 cup crushed</td>
<td>1/2 c. fluid / 120 ml</td>
</tr>
<tr>
<td>Ice, 1 cube</td>
<td>2 Tbsp fluid / 30 ml</td>
</tr>
<tr>
<td>Fruit, 1 cup</td>
<td>1/2 c. fluid / 120 ml</td>
</tr>
<tr>
<td>Ice cream, sherbet,</td>
<td>1/2 c. fluid / 120 ml</td>
</tr>
<tr>
<td>yogurt or pudding,</td>
<td>1 cup</td>
</tr>
<tr>
<td>Gelatin/Jell-o, 1/2 cup</td>
<td>1/2 c. fluid / 120 ml</td>
</tr>
<tr>
<td>Popsicles, 1 twin bar</td>
<td>1/3 c. fluid / 40 ml</td>
</tr>
</tbody>
</table>
Managing Side Effects of Fluid Limits

When you limit fluids, dry mouth and dry skin can occur. Use these tips to keep your mouth moist and your skin and hair in good condition.

Managing a dry mouth

• Drink in small sips during the day.

• Take sips of fluid before your first bites of food to avoid choking.

• Freeze 15 grapes or other fruits like blueberries or raspberries and let them melt to moisten your mouth. Choose fruits low in acid.

• Use sugar-free hard candies or gum to keep saliva in your mouth.

• Use 1 large cube of ice crushed (2 oz) and let it slowly melt in your mouth.

• Rinse your mouth with water. If you swallow it, add it to your fluid totals.

• Use artificial saliva. You can swallow it but add it to your daily fluid totals.

• Choose low-salt, low acid drinks to reduce the risk of mouth sores.

• Brush your teeth with sensitive mouth toothpaste. Use a fluoride rinse and mouthwash without alcohol. Products with alcohol can be drying to the mouth.

Dry skin and hair

• Use a moisturizing lotion. Apply it as needed to keep moisture in your skin.

• Use gentle soaps, face cleansers and shampoos.

• Use a conditioner on your hair after washing it.

• Gently towel dry after showers and bathing. Do not rub your skin.

• Use sunscreen.

• Place a cool mist humidifier in your home. Clean it often to reduce germs.

• Check your skin often. Look for redness, blisters, cracking skin or hard areas and tell your provider.

• If skin is very dry and cracking, ask your provider to prescribe a special lubricating lotion.

• Keep skin covered and protected in cold weather. Always wear cotton socks and shoes, and gloves to protect the hands.

• Consider a water-soluble lubricant when engaging in sexual activity.
Limiting Sodium or Salt

Salt is a mineral, called sodium chloride, and it occurs naturally in the soil. Most foods have a low level of natural salt before any salt is added in cooking or for seasoning. When your body has too much sodium, fluid in the body builds up. Extra fluid increases the work of your heart and kidneys and can make blood pressure or other chronic health conditions worse. When limiting salt you also need to limit fluids. Fluids and salt in the body need to balance for heart health.

Small changes can reduce overall sodium totals

Choosing carrots with low salt hummus over pretzels saves salt. Even small amounts of salt can be a lot for your body on a low salt diet:

<table>
<thead>
<tr>
<th>Amount of Salt</th>
<th>Milligrams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 teaspoon</td>
<td>600</td>
</tr>
<tr>
<td>1/3 teaspoon</td>
<td>900</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>1,200</td>
</tr>
<tr>
<td>3/4 teaspoon</td>
<td>1,800</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>2,300</td>
</tr>
</tbody>
</table>

This nutrition label shows how quickly salt adds up in your diet:

- This package has 2 servings. Each serving has 470 milligrams (mg) of sodium.
- If you ate the entire package, that is 940 mg of sodium.
- To stay with your heart healthy diet, find another product with less sodium in it or cook at home where the amount of salt can be controlled.

Read nutrition labels

For this label, 20% is high.
What sodium labels mean

Look for these labels when shopping or eating out:

- **Sodium free**: less than 5 mg/serving
- **Very low sodium**: 35 mg or less/serving
- **Low sodium**: 140 mg or less/serving
- **Reduced sodium**: It has 25% less salt than the original product. These products still may have high levels of sodium in them.
- **Light in sodium or lightly salted**: It has at least 50% less sodium than the regular product.
- **Unsalted, no salt added or without salt added**: It is made without added salt, but there may be natural salt or sodium in the product.

Be careful with salt substitutes

Many salt substitutes have high amounts of potassium. Ask your provider if you can use a salt substitute or if you need to be "salt free". Many products called lite salts still have too much sodium for a low sodium diet.

Finding hidden salt

Nutrition labels may have other names for salt. Look for these terms for salt.

- Any term with the word salt or sodium, such as regular table salt, sea salt or kosher salt.
- Natural types of salt, such as Himalayan pink, Celtic or refined salts. They may have a different taste and texture, but are still salt.
- Products with salt in them, such as garlic salt, onion salt or celery salt.
- Meat tenderizers or seasoning salts, including monosodium glutamate or MSG.

More terms for salt on food labels:

- sodium alginate
- sodium ascorbate
- disodium phosphate
- sodium benzoate
- sodium bicarbonate (baking powder or baking soda)
- sodium citrate
- sodium sulfite
- potassium bicarbonate
- potassium citrate
- trisodium phosphate
# Eating well on a low sodium diet

Planning meals and portions may take a little time at first, but you can eat most foods and reduce your sodium to heart healthy levels.

## Very low sodium diet menus

<table>
<thead>
<tr>
<th>Sodium by meal</th>
<th>1,500 mg sodium menu</th>
<th>Sodium by meal</th>
<th>2,000 mg sodium menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast (488 mg)</td>
<td>1 cup (8 oz) milk--110 mg  4 oz orange juice--2 mg  1 hard boiled or 1 fried egg in (1 tsp. canola/olive oil)--70 mg  2 slices (2 oz) whole grain toast--235 mg  1 teaspoon margarine and jelly--35 mg  1 medium banana--1 mg</td>
<td>Breakfast (500 mg)</td>
<td>1 cup (8 oz) coffee/tea--5 mg  1 cup (8 oz) milk--110 mg  1 cup frosted shredded wheat squares cereal--10 mg  1 poached egg--70 mg  2 pieces of whole grain toast--235 mg  2 teaspoon butter and jelly--70 mg  1 medium banana--1 mg</td>
</tr>
<tr>
<td>Lunch (595 mg)</td>
<td>1 cup (8 oz) water  1 grilled chicken sandwich with 4 ounces grilled chicken, with 1 Tablespoon (Tbsp) of mayonnaise, lettuce and tomato--150 mg  1 whole wheat roll--250 mg  1/2 cup carrot sticks with 2 Tbsp ranch dressing--195 mg  1 medium banana--1 mg</td>
<td>Lunch (701 mg)</td>
<td>12 oz can lemon/lime soda --40 mg  2 slices (2 oz) whole grain bread--235 mg  3 ounces low-sodium turkey plus 1/2 cup avocado--425 mg  1 medium apple--1 mg</td>
</tr>
<tr>
<td>Snack (70 mg)</td>
<td>1 cup (8 oz) water  4 cups unsalted popcorn--60 mg  1 cup fruit cocktail--10 mg</td>
<td>Snack (50 mg)</td>
<td>1 cup (8 oz) iced tea, unsweetened with lemon--6 mg  8 unsalted crackers--40 mg  1 stick low sodium mozzarella cheese--4 mg</td>
</tr>
<tr>
<td>Dinner (270 mg)</td>
<td>1 cup (8 oz) milk--110 mg  5 ounces lean beef--105 mg  1 cup steamed broccoli (fresh or frozen) with 2 tsp olive oil, lemon and salt free herbs--40 mg  1/2 cup fresh peaches--10 mg</td>
<td>Dinner (583 mg)</td>
<td>1 cup (8 oz) water  1 cup low sodium condensed tomato soup, plus 1 cup low fat milk--170 mg  5 oz pork chop with 2 tsp olive oil and salt-free herbs--235 mg  1 cup mashed potatoes, dehydrated with milk--164 mg  1/2 cup steamed corn and 1/2 cup steamed green beans (fresh or frozen) salt free herbs--7 mg  1/2 cup fresh peaches--7 mg</td>
</tr>
<tr>
<td>Snack (105 mg)</td>
<td>1 cup (8 oz) tea--5 mg  1 cup (8 oz) ice cream--100 mg</td>
<td>Snack (145 mg)</td>
<td>1 cup (8 oz) water  1 apple--2 mg  2 Tbsp caramel--143 mg</td>
</tr>
<tr>
<td>Sodium total</td>
<td>1,488 mg</td>
<td>Sodium total</td>
<td>1,979 mg</td>
</tr>
</tbody>
</table>
10 Ways to Lower Salt in Your Diet

How to make a low salt diet work for YOU

1. **Limit processed foods.** Most processed foods, such as chips, cookies, canned soups, tomato sauces, lunch meat and frozen meals have a lot of added salt and sugar. Choose fresh fruits and vegetables, low-sodium whole grains and low-sodium cheeses as snacks.

2. **Plan for salt across your daily meals and snacks.** Plan for 3 meals and 2 snacks a day. Start with a low-salt commercial cereal or no-salt cooked cereal at breakfast. Choose low salt bread or crackers at lunch. Instead of processed meat, cook your own meat at home and use it for a sandwich. Add lettuce and tomato for flavor, instead of condiments. Use herbs and grilled vegetables with chicken for dinner.

3. **Read nutrition labels to guide your food choices.** Choose sodium free, very low sodium or low sodium products. Make healthy choices when food shopping, such as:
   - Cheese with less than 80 mg sodium per ounce.
   - Breads with less than 100 mg sodium per slice.
   - Soups with less than 100 mg sodium per ounce.

4. **Buy fresh or frozen foods instead of canned.** Choose fresh foods when you can or go for frozen without any added sauces. If using canned foods, drain and rinse foods to reduce salt. Rinsing beans, tuna and canned vegetables before using them does remove some, but not all of the salt. **Avoid canned, smoked or processed meats, such as bacon, sausage, pre-packaged lunch meat or products where salt or saline is added.**

5. **Eat more fruits and vegetables.** Add them to salads, main dishes, side dishes or eat them plain. Fruits and vegetables help your body to remove water and avoid fluid build-up. They are also low calorie and naturally low in salt.
6. **Learn to enjoy the natural taste of food.** Many foods are so processed that we have to learn to get used to foods with less salt. It is about changing both how food is prepared and change our taste to enjoy food with spices other than salt. Try to cook meat at home and add unsalted nuts or seeds, lentils, unsalted or low-sodium broth, and herbs or spices. Use the cooking process, such as grilling, poaching and baking, to add taste and flavor. Taste food as you cook to know what each food item adds to a dish.

7. **Create low sodium condiments.** Make your own low salt salad dressing, dip, gravy or sauce. Most commercial or packaged products are high in sodium. If you choose the low salt or no salt options, you may be able to have more. Otherwise, limit these ingredients:
   - Salted butter or margarine, 4 Tablespoons a day
   - Mayonnaise, 2 Tablespoons a day
   - Sour cream, 2 ounces (1/4 cup) a day
   - Ketchup or mustard, 1 Tablespoon a day
   - Regular salad dressing, 2 teaspoons a day
   - Canned tomato paste, 1/4 cup a day
   - Regular tomato sauce, 1/2 cup a day

8. **Choose low salt or salt-free beverages. Save salt for the food you eat.** Water, coffee, tea, carbonated seltzer water and fruit juices have very low or no salt in them. Limit milk to 2 cups of low fat milk a day. Avoid energy and sport drinks, commercially made milkshakes and instant cocoa that have added salt.

9. **Ask restaurants for low salt substitutions.** Ask wait staff or the chef how food is prepared. Choose foods made to order or low-salt preparations. Have sauce or dressings on the side where you control the amount used. Choose grilled, broiled, baked, boiled or steamed foods instead of fried. Avoid casseroles where there may be hidden salt, based on the ingredients used.

10. **Check over the counter and non-prescription drugs and supplements for salt.** Many antacids, laxatives, aspirin, and cough medicines have salt or sodium. Many mouthwashes also have sodium. Ask your doctor or pharmacist for help before you buy these products and check product labels.

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**Online resources**
- Ohio State Wexner Medical Center, *Following a Low-Sodium Diet*, [https://youtu.be/OKo00OdtXnk](https://youtu.be/OKo00OdtXnk)
- Ohio State Wexner Medical Center, *How to Eat with Heart Failure*, [https://youtu.be/gbfAXCuOOSk](https://youtu.be/gbfAXCuOOSk)
- US Department of Agriculture, [www.choosemyplate.gov](http://www.choosemyplate.gov)
- American Heart Association, [www.heart.org](http://www.heart.org)
- Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org)
- American Association of Heart Failure Nurses (AAHFN) Patient Education, [www.aahfn.org/mpage/patiented](http://www.aahfn.org/mpage/patiented)
- MyFitnessPal, [www.myfitnesspal.com](http://www.myfitnesspal.com)
Food Lists for a Very Low Sodium Diet

Foods to choose

Breads and cereals:
✓ Up to 4 pieces of low-sodium bread, choose whole-grain or enriched white, wheat, rye or Italian breads, English muffins, corn or low sodium flour tortilla, or low salt muffin.
✓ Plain rolls, hamburger or hot dog buns can substitute for a slice of bread.
✓ Dry cereals with less than 100 mg/serving, such as shredded wheat, puffed wheat or puffed rice.
✓ Cooked cereals, like oatmeal (no salt).

Meats, fish, eggs and poultry:
✓ 6 ounces of lean beef, chicken, Cornish hen, duck, goose, lamb, turkey, veal, fish or pork.
✓ All eggs or egg substitutes.
✓ Low sodium canned tuna or salmon.
✓ Processed meats, such as lunch meat, less than 100 mg/ounce.

Fruits:
✓ All fruits, fresh, frozen or canned.

Vegetables:
✓ All vegetables, fresh, frozen or canned, EXCEPT pickles, sauerkraut or vegetables prepared in salt water, vegetables in sauces and gravies, or regular salt vegetable juices.
✓ If canned, choose low-salt, drain well and rinse.
✓ Choose low sodium tomato sauce or tomato juice.

Potatoes, pasta, rice and starch:
✓ Any type of potatoes, pasta, white or brown rice or other starch cooked in unsalted water.

Legumes, including dried peas and beans, peanut butter:
✓ All legumes, cooked in unsalted water or low-salt broth.
✓ If canned, rinse with water and drain.
✓ If prepackaged, cook without the seasoning packet and season separately.
✓ Unsalted peanut butter or other unsalted nut butter, such as almond.

Milk, yogurt, cheese:
✓ Up to 2 cups of low-fat milk (2%, 1% or skim) a day.
✓ Most yogurt, regular, Greek or low-fat.
✓ Low sodium cheese, less than 80 mg/ounce.
✓ Limit cream or sour cream to 2 ounces or 1/4 cup/day.
✓ Low-sodium Ice cream, frozen yogurt, sherbet, fruit bars, or non-dairy alternatives (soy or rice milk).

Frozen dinners:
✓ Choose only those with less than 600 mg per serving and only have 1 frozen meal per day.

Soups:
✓ Unsalted homemade soups.
✓ Low-sodium or no salt added soups.

Snack foods:
✓ Unsalted snack chips, such as corn chips, tortilla chips, pretzels, potato chips or popcorn.
✓ Unsalted nuts, such as almonds, pecans or walnuts.
✓ Unsalted peanut butter/nut butter.
✓ Salsa made with low salt or no salt added tomatoes.
**Foods to avoid**

<table>
<thead>
<tr>
<th>Category</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread/cereal:</td>
<td>Instant cooked cereals.</td>
</tr>
<tr>
<td></td>
<td>Cereals with more than 100 mg/serving.</td>
</tr>
<tr>
<td></td>
<td>Commercial bread mixes, for biscuits, corn bread, muffins.</td>
</tr>
<tr>
<td></td>
<td>Regular or frozen pastries, muffins, waffles, biscuits with high sodium.</td>
</tr>
<tr>
<td></td>
<td>Products with self-rising flour.</td>
</tr>
<tr>
<td>Meats/fish/eggs/poultry:</td>
<td>Most salted, smoked, canned or cured meats, such as ham, bacon, sausage, hot dogs, or pre-packaged lunch meats.</td>
</tr>
<tr>
<td></td>
<td>Commercial breaded meats, fish, poultry.</td>
</tr>
<tr>
<td></td>
<td>Shellfish, such as clam, crab, lobster, oyster and scallops.</td>
</tr>
<tr>
<td></td>
<td>Soybean extenders.</td>
</tr>
<tr>
<td>Legumes/dried beans/peanut butter:</td>
<td>Beans or peas with bacon, ham, salt pork.</td>
</tr>
<tr>
<td></td>
<td>Regular peanut butter.</td>
</tr>
<tr>
<td>Potatoes/pasta/rice:</td>
<td>Macaroni/cheese mix.</td>
</tr>
<tr>
<td></td>
<td>Instant potatoes.</td>
</tr>
<tr>
<td></td>
<td>Rice/noodle mixes.</td>
</tr>
<tr>
<td>Milk/yogurt/cheese:</td>
<td>Regular cottage cheese, ricotta.</td>
</tr>
<tr>
<td></td>
<td>Buttermilk.</td>
</tr>
<tr>
<td></td>
<td>Processed cheese or cheese spread.</td>
</tr>
<tr>
<td></td>
<td>Aged cheese, such as Parmesan, blue cheese, cheddar, Edam, colby, Romano.</td>
</tr>
<tr>
<td>Frozen dinners:</td>
<td>Most frozen meals.</td>
</tr>
<tr>
<td>Soups:</td>
<td>Regular canned soups, dried, instant mixes.</td>
</tr>
<tr>
<td></td>
<td>Frozen soups.</td>
</tr>
<tr>
<td></td>
<td>Regular broth, bouillon, consommé.</td>
</tr>
<tr>
<td></td>
<td>Homemade soups with ham or ham bones, bacon, salt fish, salted meat.</td>
</tr>
<tr>
<td>Snack foods:</td>
<td>Regular salted snack chips.</td>
</tr>
<tr>
<td></td>
<td>Prepared dips, spreads.</td>
</tr>
<tr>
<td>Fats:</td>
<td>Commercial salad dressings, mixes, sauces, gravies.</td>
</tr>
<tr>
<td>Desserts:</td>
<td>Molasses, regular salted nuts or peanut butter, licorice.</td>
</tr>
</tbody>
</table>
# Seasoning Food without Salt

Focus on good seasoning choices, such as fruits, vegetables and herbs, for great tasting meals. **Avoid most salt substitutes, unless it is Mrs. Dash or approved by your provider. Avoid most lite salts as they have too much sodium for a very low sodium diet.** Many salt substitutes have potassium chloride instead of sodium, and this can cause medical problems.

## Choose these products

<table>
<thead>
<tr>
<th>All fresh or frozen fruits and vegetables without added sauces, such as apple, cherry, banana, peach, berries, green pepper, mushrooms, or onion. Fruit/vegetable juice must be low sodium.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
</tr>
<tr>
<td>Basil</td>
</tr>
<tr>
<td>Bay leaves</td>
</tr>
<tr>
<td>Cayenne pepper or red pepper flakes</td>
</tr>
<tr>
<td>Celery pepper</td>
</tr>
<tr>
<td>Chili powder</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Cloves</td>
</tr>
<tr>
<td>Cocoa powder</td>
</tr>
<tr>
<td>Cumin</td>
</tr>
<tr>
<td>Curry</td>
</tr>
<tr>
<td>Dill</td>
</tr>
<tr>
<td>Dry mustard</td>
</tr>
<tr>
<td>Flavored extracts: vanilla, almond, mint, hazelnut</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Ginger</td>
</tr>
<tr>
<td>Horseradish</td>
</tr>
</tbody>
</table>

## Avoid/limit these products

<table>
<thead>
<tr>
<th>Alfredo mixes</th>
<th>Pickle relish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbecue mixes</td>
<td>Plum sauce</td>
</tr>
<tr>
<td>Bouillon cubes or canned broth</td>
<td>Pickling (packaged) mix</td>
</tr>
<tr>
<td>Baking soda and baking powder</td>
<td>Poultry seasoning</td>
</tr>
<tr>
<td>Celery salt</td>
<td>Regular ketchup</td>
</tr>
<tr>
<td>Cooking wine or cooking sherry</td>
<td>Salt--sea salt, salt sense, most salt substitutes, lite salt or other seasonings that have salt</td>
</tr>
<tr>
<td>Dry meat marinades or mix</td>
<td>Soy sauce</td>
</tr>
<tr>
<td>Dressing (salad) mixes or packets</td>
<td>Steak sauce</td>
</tr>
<tr>
<td>Dry instant soup mixes</td>
<td>Stir fry sauces</td>
</tr>
<tr>
<td>Fish sauce</td>
<td>Stock (canned beef, chicken or vegetable)</td>
</tr>
<tr>
<td>Garlic salt</td>
<td>Taco seasonings or taco sauce</td>
</tr>
<tr>
<td>Gravy mixes</td>
<td>Tomato sauce (regular)</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>Teriyaki sauce</td>
</tr>
<tr>
<td>Meat tenderizer</td>
<td>Vegetable juices</td>
</tr>
<tr>
<td>Monosodium glutamate (MSG)</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td>Onion salt</td>
<td></td>
</tr>
</tbody>
</table>
Living with Heart Failure

Cardiac Rehabilitation

Our goal is to help you return to the highest possible quality of life. Cardiac rehabilitation works to address activity and lifestyle after you leave the hospital. It is offered in several phases.

**Phase 1 (inpatient)**
We provide education during your hospital stay and work with you on skills to keep you active when going home. Before you leave the hospital, we will also provide a referral for a local cardiac rehab program.

**Phase 2 (outpatient)**
After leaving the hospital, you will have a visit to check your heart health with a cardiac rehab nurse and exercise physiologist. After this evaluation, which may include testing, you will start a personalized wellness program. These are some of the skills covered:

- Learn more about your condition and know how to best manage your condition at home.
- Improve your heart and cardiovascular function.
- Improve your fitness level.
- Reduce the chance of future health problems by working to improve diet, weight, activity level, diabetes and/or cholesterol, stop tobacco use and manage stress.
- Ability to do daily activities without symptoms.
- Reduce fear or anxiety about your heart condition.
- Have a faster return to work and/or normal activities.

**Phase 3 (maintenance)**
This is an ongoing fitness and wellness program that continues at the end of Phase 2 cardiac rehab. The program will support you as you work toward your health, fitness and lifestyle goals.

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Cardiac rehabilitation is offered at two locations:

**Ohio State Outpatient Care Upper Arlington**
1800 Zollinger Road, 2nd Floor
Columbus, OH 43221
Phone: 614-293-6937

**Ohio State CarePoint East (Phase 2 only)**
543 Taylor Ave, Room 3068
Columbus, OH 43203
Phone: 614-688-6306
Start with interval training

Start to slowly rebuild your strength and stamina with walking short distances and then resting. This is called interval training. Your speed when walking will slowly increase over time.

Activity Plan

Walk at a pace that does not leave you out of breath. Only move to the next level if you feel you can, and you are not having symptoms of heart failure. It is okay to repeat a week if the effort needed is moderately difficult for you to achieve. The goal is to increase activity safely for your body.

<table>
<thead>
<tr>
<th>Week #</th>
<th>Walking interval</th>
<th>Rest interval</th>
<th>Repeat the intervals</th>
<th>Total activity time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 minutes</td>
<td>1 minute</td>
<td>5 times</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>4 minutes</td>
<td>2 minutes</td>
<td>4 times</td>
<td>16</td>
</tr>
<tr>
<td>3</td>
<td>5 minutes</td>
<td>2 minutes</td>
<td>4 times</td>
<td>20</td>
</tr>
<tr>
<td>4</td>
<td>7 minutes</td>
<td>2 minutes</td>
<td>3 times</td>
<td>21</td>
</tr>
<tr>
<td>5</td>
<td>5 minutes</td>
<td>2 minutes</td>
<td>5 times</td>
<td>25</td>
</tr>
<tr>
<td>6</td>
<td>10 minutes</td>
<td>2 minutes</td>
<td>3 times</td>
<td>30</td>
</tr>
<tr>
<td>7</td>
<td>15 minutes</td>
<td>2 minutes</td>
<td>2 times</td>
<td>30</td>
</tr>
<tr>
<td>8</td>
<td>20 minutes</td>
<td>2 minutes</td>
<td>2 times</td>
<td>40</td>
</tr>
</tbody>
</table>
General tips

1. Decide if any tasks can be assigned to someone else to save energy.
2. Sit when doing a task. Standing takes more energy.
3. Do work with your arms instead of your legs. Working with your legs takes more energy.
4. Wait 30 minutes after eating before doing a task. Work done after a meal causes more demand for oxygen to your heart.
5. Avoid doing activities in temperatures above 80 degrees F with humidity and below 20 degrees F. Extremes of heat and cold have a dangerous effect on the heart.

Pace yourself to save energy

1. Get at least 6 to 8 hours of sleep each night.
2. Rest for 20 to 30 minutes at least twice a day. If you get tired, stop and rest for 15 minutes whether you have finished the task or not.
3. Alternate easy tasks with hard tasks or spread a task out over the day.
4. Focus your energy on the things you can do.
5. Ask for help if the demands on your energy are too much. Hire help as needed.
6. Avoid stress.

Balancing rest and activity is very important. Saving energy, also called energy conservation, allows you to accomplish everyday tasks. You may need to change how and when you do a task in order to not put unrealistic work demands on your body. The way you do a job is as important as what you do.

Remember to Plan, Prioritize and Pace yourself through each task:

- **Plan** out your daily schedule.
- **Prioritize** your tasks, so you get the most important things done first.
- **Pace** yourself, so you can get more done.

Apply the 3 Ps of saving energy and the below tips to your daily life to help make tasks easier.
**Lifestyle Issues**

You can live with heart failure if you take care of yourself, limit fluids, limit sodium and weigh yourself every day. Caring for yourself also means checking your emotional and relational health.

**Coping with a life change**

Heart failure can change how you shop for food, how food is prepared and how your family eats. It can cause changes with your job, and your ability to earn a living if your condition gets worse. Feeling anxious or stressed about these changes is normal. You are not alone.

- **Talk with someone** about your feelings, such as a counselor, spiritual leader or trusted family member or friend.
- **Join a support group**, online or in person, to learn how others have coped with a diagnosis of heart failure.
- **Talk with a social worker or contact social services** to see if there are resources to help in your community.
- **Ask for help** with everyday tasks or for changes in job tasks at work. When help is offered, be specific about your needs, such as help with running errands.
- **Practice meditation or relaxation**, pray or write down your feelings in a book to be aware of what you are thinking and feeling.
- **Focus on enjoyable activities**, such as hobbies, volunteering or exercise.
- **Treat yourself** to a gift of flowers, magazines, or something that makes you happy or brings happiness to others.
- **If you have signs of depression**, feel helpless or think of suicide, seek treatment and get help to feel better.

**Relationships and sexual activity**

When your doctor or health care provider has said it is okay to resume sexual activity, here are tips for safe sexual intimacy:

- If you can climb 2 flights of stairs or walk 1/2 mile at a brisk pace, you have the energy needed for sex.
- Find a position that uses less energy and use foreplay to allow your heart rate to build slowly.
- If you have **shortness of breath**, stop for a few minutes and then continue if it goes away. If it does not, call your doctor.
- If you have **chest pain**, stop and take nitroglycerine if it has been ordered by your doctor. Take 1 tablet and wait 5 minutes. If you still have pain take another tablet and wait 5 minutes. **If the pain does not go away, call 911.**
- If you are too tired for sex or have a low sex drive, try other forms of intimacy. Talk with your doctor about your concerns.
- **Do not take medicines for erectile dysfunction without first talking with your doctor.**
Every morning, step on a scale and check your weight. Drink less than 64 oz (2,000 ml) and stay on a very low sodium diet.

Call the CHF clinic with questions: 614-293-4299. Call 911 with severe symptoms and emergencies.