

Heart Smart Nutrition

Tips for Heart Failure



If you are feeling confused about what to eat, you are not alone.

Eight out of ten Americans state they don't know what to eat. This handout can help you get you started. Consider meeting with a Registered Dietitian to individualize your goals and daily food choices. Call 303-744-1065 option 2 to schedule an appointment.

- 1. Limit sodium intake.** Sodium can cause your body to retain water, which makes your heart work harder. Avoiding salt is important as well as sodium from processed, packaged and restaurant foods.

Spreading your sodium intake throughout the day is important.

Aim for 500 mg of sodium per meal. Count sodium from snacks as well; 100-200 mg for a snack is a good guide.

We have included several handouts in this packet to help you identify sodium in foods, both at home and when eating out.

- 2. Build balanced meals.** Healthy eating is more than just leaving sodium out...it's also about putting in the "good stuff" your body needs.
 - Increase the **fiber** in your diet. Whole grains, fruits, and vegetables provide much-needed fiber, vitamins, and minerals you can't get anywhere else.
 - Mix up your **whole grains**: try adding brown rice, whole wheat pasta, whole grain bread, quinoa, barley or oats to your meals.
 - Choose **lean protein** sources, including chicken, turkey, fish, beans, tofu, lentils, lean beef and pork cuts (loins, rounds) and nuts.
 - Try a few **meatless meals** each week. Plant-based meals provide heart-healthy nutrients not found in animal products. Beans, nuts, and soy can provide plenty of protein to your meals.
 - Add **fruits and vegetables** to your meals and snacks.
 - Small amounts of olive oil, avocados, nuts, and seeds can provide some **heart-healthy fat** to your diet.

3. Stay hydrated. Water is the best choice for fluid. Avoid sweetened drinks as they generally provide calories but not much else. If you have been given a fluid restriction by your healthcare provider, follow it closely.
4. If you have been instructed to follow low sodium *and* low potassium diet, please request a copy of our low potassium diet handout.

If you have been eating higher sodium foods, cutting back on sodium initially may leave your taste buds craving salt. But research shows that over time, as people cut back on sodium, their taste buds prefer less salt.

Be creative. Spices make a huge difference in how foods taste, especially if you normally eat higher amounts of sodium.

Check spiceadvice.com for more information about spices.

Tips for cooking with herbs and spices:

- Purchase spices and herbs in small amounts. Spices lose flavor as they sit in the cupboard.
- Start with ¼ tsp dried or ¾ tsp fresh herbs per pound of meat (1/8 tsp garlic or cayenne).
- Add ground spices to food about 15 minutes before the end of the cooking period.
- Add fresh herbs and spices toward the end of cooking time.
- Mix herbs with oil and let sit for 30 minutes before brushing on foods.
- Crush dried herbs right before adding to foods.
- Store in a sealed container in a dark and moisture-free area.

Salt Substitutes: If you are on a potassium-restricted diet, avoid salt substitutes. Most salt substitutes contain potassium.

Ready-to-use salt-free seasonings recommendations:

1. Mrs. Dash (packets, marinades, seasonings)
2. Spicesinc.com (25 salt-free seasonings)
3. Lowry's salt-free 17 seasoning
4. Paul Prudhomme Magic salt-free seasoning
5. Tony Chachere's no salt seasoning blend
6. Daksspices.com (18 salt-free seasonings)

Healthy Heart Market has hundreds of soups, marinades, canned products, side dishes, pickles, condiments, seasonings that are all low-sodium. Visit www.healthyheartmarket.com or call 320-532-9000.

Taste of Home Salt Free Seasoning Mix

- 1 teaspoon each dried basil, marjoram, parsley flakes, thyme and savory
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon rubbed sage
- 1 teaspoon ground mace
- 1 teaspoon pepper
- 1/8 teaspoon cayenne pepper

In a small bowl, crush the basil, marjoram, parsley, thyme and savory. Stir in the remaining ingredients. Store in an airtight container. www.tasteofhome.com

Salt-Free Spicy Herb Seasoning Blend

- 4 teaspoons sesame seeds
- 2 teaspoons celery seed
- 2 teaspoons Italian seasoning
- 2 teaspoons dried parsley flakes
- 1 teaspoon poppy seeds
- 1 teaspoon ground black powder
- 1 teaspoon onion powder
- 1 teaspoon red pepper flakes
- 3/4 teaspoon granulated garlic powder
- 3/4 teaspoon paprika

Mix sesame seeds, celery seed, Italian seasoning, dried parsley, poppy seeds, ground black pepper, onion powder, red pepper flakes, garlic powder, and paprika together in a bowl until well combined. Store in an airtight container for up to 6 months.

www.allrecipes.com

Eating out, whether it is at a restaurant, a friend's house, or a party, can be challenging if you are on a low-sodium diet. Eating at home more often can help you to better control your sodium intake.

When you eat away from home...

Choose restaurants that have fresher options.

Let your waitstaff know that you are on a low-sodium diet and ask them to request "no salt added" to your meal.

Unless they are specifically low in sodium limit or avoid foods that are very high in sodium. These include soups, pizza, seasoned rice dishes, cheese, deli meats and other cured meats like bacon, pepperoni, and ham.

Choose baked potatoes but skip the butter and sour cream.

Skip foods that are breaded and fried.

Order a side salad or steamed vegetables without salt instead of fries.

Ask that your food is prepared with no added salt, MSG or soy sauce.

Ask for sauces, dressings, and condiments to be served on the side and use minimal amounts. Try dipping your fork tines into them before each bite instead of pouring them directly onto your food.

Avoid casseroles and dishes with cheese, bacon or cream.

Choose fresh vegetables and fruits when possible.

Investigate "heart-healthy" items. They are often low in fat but high in sodium.

At the salad bar, choose foods in their natural state. Lettuce, tomatoes, carrots, hard-boiled eggs, mushrooms, cabbage. Avoid processed foods such as potato salad, dressings, olives, bacon bits, coleslaw, and croutons. Choose lemon juice or plain vinegar and oil instead of dressing for a very low sodium option.

Remember: The smaller the portion, the less sodium you will consume. Less sauce, less dressing, less cheese equals less sodium.