

# Congestive Heart Failure

*... the Patient Experience*



# HEART FAILURE ZONES

EVERYDAY	<b>EVERYDAY:</b> <ul style="list-style-type: none"> <li>◆ Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.</li> <li>◆ Take your medicine as prescribed.</li> <li>◆ Check for swelling in your feet, ankles, legs and stomach.</li> <li>◆ Eat low salt food.</li> <li>◆ Balance activity and rest periods.</li> </ul> <p><b>Which heart failure zone are you today? Green, Yellow or Red?</b></p>
GREEN ZONE	<b>ALL CLEAR ZONE—THIS ZONE IS YOUR GOAL</b> <b>Your symptoms are under control. You have:</b> <ul style="list-style-type: none"> <li>◆ No shortness of breath.</li> <li>◆ No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).</li> <li>◆ No swelling of your feet, ankles, legs or stomach.</li> <li>◆ No chest pain.</li> </ul>
YELLOW ZONE	<b>CAUTION ZONE—THIS ZONE IS A WARNING!</b> <b>Call your doctor's office if:</b> <ul style="list-style-type: none"> <li>◆ You have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week.</li> <li>◆ More shortness of breath.</li> <li>◆ More swelling of your feet, ankles, legs or stomach.</li> <li>◆ Feeling more tired. No energy.</li> <li>◆ Dry hacky cough.</li> <li>◆ Dizziness.</li> <li>◆ Feeling uneasy, you know something is not right.</li> <li>◆ It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.</li> </ul>
RED ZONE	<b>EMERGENCY! GO TO THE EMERGENCY ROOM OR CALL 911 IF YOU HAVE ANY OF THE FOLLOWING:</b> <ul style="list-style-type: none"> <li>◆ Struggling to breathe. Unrelieved shortness of breath while sitting still</li> <li>◆ Have chest pain</li> <li>◆ Have confusion—can't think clearly</li> </ul>

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## Resource Information

My doctor is: \_\_\_\_\_

Phone #: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone #: \_\_\_\_\_

Home Health: \_\_\_\_\_

Phone #: \_\_\_\_\_

Nurse: \_\_\_\_\_

### **Hospital**

Labette Health

(620) 421-4881

### **Emergency Room**

(620) 820-5271

### **Discharge Advocate**

(620) 820-5258

## PATIENT EDUCATION GUIDE

This is designed to serve as a guide for you and your family living with Congestive Heart Failure.

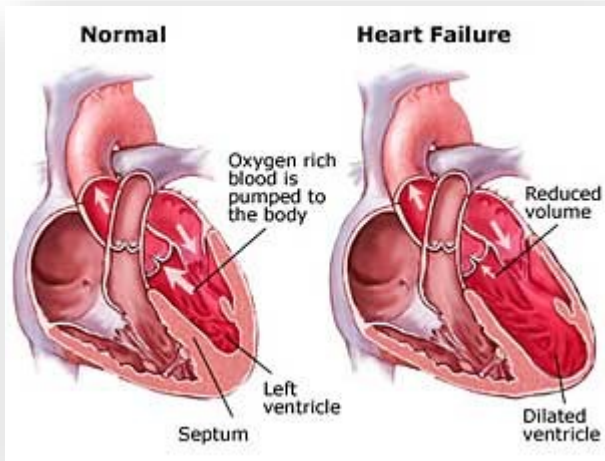
You as the patient, your family, the hospital staff and your provider are all an important part of the health care team. Learning about CHF and following the guidelines in this booklet will assist you in understanding and managing your care.

**What is Congestive Heart Failure (CHF)?**

Congestive Heart Failure (CHF) does not mean that your heart is “failing”. Heart failure means that your heart is not pumping blood as well as it should be. Your body usually has the ability to make up for the heart failure for some time.

As your heart’s pumping action becomes weak, blood backs up into the vessels around the lungs, causing leakage of fluid in the lungs. Fluid starts to build in your body and then you may have symptoms of feeling weak, short of breath and/or swollen legs and feet. This is why heart failure is sometimes called “Congestive Heart Failure”.

Heart failure is a serious illness that can affect how long you will live. It is important to follow your healthcare provider’s instructions, medication orders, learn about your disease and how to manage it (including signs/symptoms, diet, activity and monitoring).



**Contributing Factors of Heart Failure**

- ◆ Irregular heart beat
- ◆ High blood pressure
- ◆ Lung Disease
- ◆ Diabetes
- ◆ Drinking too much alcohol
- ◆ Too much salt
- ◆ Heart attack, heart valve problem or artery disease
- ◆ Infection

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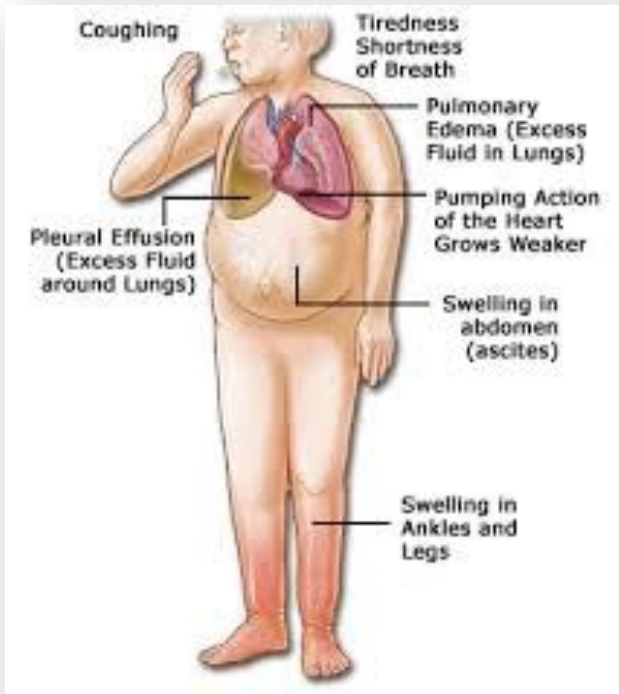
### When Should I Call My Doctor?

Call your doctor if you have one or more of the following symptoms:

- ◆ Weight gain of 2-3 pounds in 1 day or 4-5 pounds in 5 days.
- ◆ Shortness of breath that seems worse or at rest.
- ◆ Swelling in legs, feet, hands or abdomen.
- ◆ Feeling tired all of the time.
- ◆ Bloated or full feeling in your stomach.
- ◆ Dry or wet hacking cough.
- ◆ Feeling light-headed or dizzy.
- ◆ If it is harder to breathe when lying down or unable to rest. You may notice you need to prop up on more pillows to assist with breathing.

### When to Call 911

- ◆ Chest pain or discomfort that lasts more than 15 minutes and is not any better after resting or taking nitroglycerin (if ordered).
- ◆ Unable to catch your breath.
- ◆ Fainting or passing out.
- ◆ Irregular or fast heartbeat.
- ◆ Coughing up white foamy or pink sputum.



## Heart Failure Medications

The purpose of heart failure medication is to make you feel better and to treat the disease that is causing you to feel bad. It is very important for you to take your medications as instructed by your healthcare provider. The most common types of heart failure medications are:

- ♦ ACE (angiotensin-converting enzyme) inhibitors lower blood pressure and decrease strain on the heart. This makes it easier for the heart to pump.
- ♦ Beta blockers help lower blood pressure and slow your heart rate. This lessens the work load on the heart.
- ♦ Digoxin helps your heart pump with more strength. This helps your heart pump blood to the rest of your body.
- ♦ Isorbide dinitrate/hydralazine helps lower blood pressure and decrease how hard the heart has to pump.
- ♦ Diuretics (water pills) help rid your body of excess water or fluid. This can help rid your body of edema (swelling). Have less fluid to pump means your heart doesn't have to work as hard. Some diuretics make your body lose a mineral called potassium. Your healthcare provider will tell you if you need to take supplements or eat more foods high in potassium.

If you are taking all of your medications and feel worse, be sure to tell your provider. If you have any questions or concerns about your medications, always contact your provider or pharmacist.

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## Tips About Your Medications

The medications prescribed by your healthcare provider will not make your CHF go away, but will make you more comfortable and help you manage your CHF. Here are some important tips about your medications:

- ◆ Take all your medications as ordered.
- ◆ Keep medication in original containers and store as directed.
- ◆ Take the right amount at the same time each day. A pill organizer or a written schedule may help you remember when to take your medication.
- ◆ Learn what each medication does and what it looks like. Some medications may change color or shape. Clarify any changes with your pharmacist.
- ◆ Make sure you have enough of your medications. Do not run out or try to make the supply last longer.
- ◆ Carry a current list of your medications in your wallet or purse.
- ◆ Tell your healthcare provider about ALL medications you take (over the counter, home remedies, herbals, vitamins and prescribed medications).
- ◆ Take medication bottles to all healthcare provider appointments and to the hospital.
- ◆ Do not skip or increase the doses of your medication unless ordered by your provider.
- ◆ If you miss a dose, do not take it with the next dose.
- ◆ If you cannot take your medicines for any reason, call your healthcare provider.
- ◆ Clarify any questions about your medications with your doctor, nurse or pharmacist.
- ◆ Do not take any over-the-counter medications, herbals or home remedies without asking your healthcare provider or pharmacist. They may interfere with your prescribed medicine.
- ◆ Get your medication from only one pharmacy.

## Weigh Yourself Daily

- ♦ Weigh yourself first thing in the morning and after you have gone to the bathroom.
- ♦ Weigh yourself every morning using the same scale and wearing the same amount of clothing.
- ♦ Keep a record of your daily weight.

The best way to monitor for fluid build-up is to weigh yourself every day. You may gain fluid weight without noticing swelling. Use the daily weight charts in the back of the guide to record your daily weight.

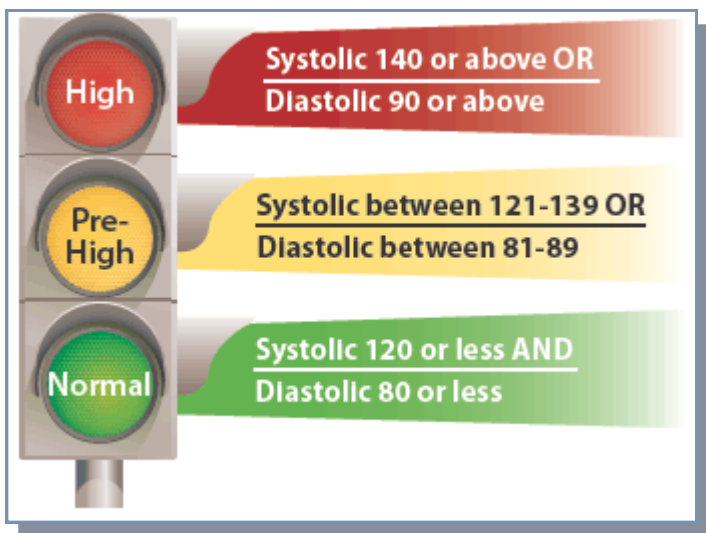
## Blood Pressure

Sometimes people with heart failure also have other medical conditions like high blood pressure (also known as hypertension).

High blood pressure makes the heart work harder; therefore, it can make people with heart failure feel worse and have more problems.

If you have high blood pressure and are taking medication to keep it normal, be sure to take your medication as instructed by your healthcare provider and to only discontinue them if told to do so.

The American Heart Association defines high blood pressure in an adult as 140/90.



## Daily Weights

Weigh yourself first thing every morning, after you have gone to the bathroom, on the same scale, wearing the same amount of clothing.

Record your weight.

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If you drink alcohol or smoke, you need to



Drinking and smoking can put a strain on your heart.  
If you have problems with stopping, talk with your healthcare provider.



## DO YOU HAVE QUESTIONS FOR YOUR DOCTOR

It is a good idea to write down any questions you may have for your doctor. You may forget what you want to ask and/or forget what the doctor tells you.

**Question:**

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**Answer:**

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**Question:**

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**Answer:**

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**Question:**

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**Answer:**

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## Low Salt Diet Tips

It may be hard to change how you eat. It may take weeks before you enjoy the taste of low-salt (sodium) foods. Most people with heart failure should cut their salt down, even if they do not have symptoms. Following a low-salt diet will help keep water from building up in your body and may even help you from having to take some medications. A low-salt diet is 2300 mg of salt per day, but your doctor may recommend 2000 mg due to your condition.

1. Make changes slowly.
2. Keep a list of low-salt foods.
3. When preparing a meal, no more than 600 mg of salt per meal.
4. Check with your doctor before using a salt substitute.
5. You can cut salt down 30% or 1/3 teaspoon by: stop adding salt to food, take the salt shaker off the table and don't add salt when cooking.
6. Pick foods naturally low in salt such as: fresh fruit, vegetables, meat, poultry and fish. Choose canned fruits, plain frozen vegetables, canned vegetables that state "no salt added" and dried beans, peas and rice.
7. Learn to read food labels. It is hard to know what to eat. The only way to know for sure is to read the food label and ingredient list.

1/4 teaspoon = 500 mg sodium

1/2 teaspoon = 1000 mg sodium

3/4 teaspoon = 1500 mg sodium

1 teaspoon = 2000 mg sodium

baking soda = 1259 mg sodium



Food	Sodium Range (in milligrams)
1 slice white bread	80 - 230
3 oz turkey breast, deli or pre-packaged luncheon meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,690
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200

## Dining Out

- ◆ Be an informed diner. Ask the server about food preparation and ingredients used to prepare the food.
- ◆ Avoid selecting foods prepared with gravy, soy sauce, MSG (monosodium glutamate), or that are cured or smoked.
- ◆ Do not touch the salt shaker on the table.
- ◆ Choose fresh fruit, juice, or salad with oil and vinegar to start the meal.
- ◆ Order salad dressing on the side. Use sparingly. Better yet, order oil and vinegar.
- ◆ Avoid olives, pickles, croutons, bacon bits, cheese, mayo, cream-based or marinated salads.
- ◆ Choose an entree that is grilled, baked or broiled.
- ◆ Select “plain” foods such as whole grain breads (instead of muffins or croissants), baked or boiled potatoes, plain rice or pasta.
- ◆ Need dessert? How about fresh fruit or fruit-salad, gelatin, or angel food cake.

## Things You Can Do to Help You Live with CHF

- ◆ Weigh everyday
- ◆ Exercise
- ◆ Watch cholesterol
- ◆ Watch fluid intake as ordered
- ◆ Eat a heart healthy diet
- ◆ Avoid alcohol and tobacco smoke
- ◆ Know symptoms to report
- ◆ Monitor blood pressure
- ◆ Take medications as ordered
- ◆ Keep scheduled doctor appointments

## Family Responsibility

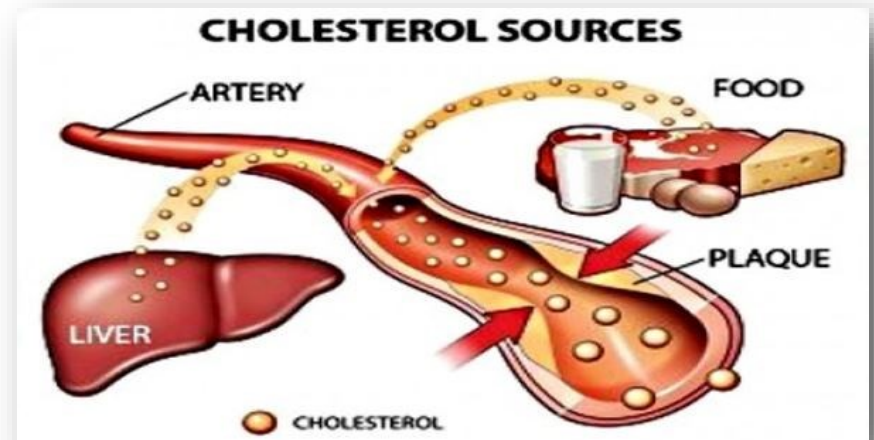
Your family is a part of your health care team. Ask your family member to help you monitor your condition. They should know when to report symptoms to your doctor if you cannot. Your family should also be aware of the importance of exercise, medication compliance, and dietary/fluid restrictions. Please share information in the booklet with your family.

## ADDITIONAL RESOURCES:

[www.americanheart.org](http://www.americanheart.org)

[www.smokefree.gov](http://www.smokefree.gov)

[www.eatright.org](http://www.eatright.org)



Activity Levels and Guidelines

Plan activities around two to three 20-30 minute rest periods every day. Do not overload or over work your heart. If you experience one of the following symptoms during activities, **STOP AND REST**:

- ♦ Any change in your breathing (shortness of breath)
- ♦ Cough
- ♦ Chest discomfort
- ♦ Pain
- ♦ Dizziness
- ♦ Fast heart beat (flutter, skips, palpitations)
- ♦ Extreme weakness or tiredness

If after rest, symptoms do not go away, call your doctor or go to the emergency room.

- ♦ Avoid activities in extreme hot or cold outdoor temperatures or when you don't feel well.
- ♦ Avoid tasks that require heavy lifting.
- ♦ Check with your doctor before starting an exercise program. Exercise regularly following your doctor's guidelines. Short walks are a good way to begin your program.
- ♦ Ask your doctor about a cardiac rehab program.
- ♦ Activities you may enjoy are bicycling, fishing, walking, gardening, swimming, aerobics and many more.
- ♦ **Don't exercise beyond your outlined recommendations. Remember, "More is not always better".**

Cholesterol

Cholesterol is a type of fat found in your body. You should limit your intake of cholesterol to 300 mg or less per day from animal products which includes meats, egg, milk and cheese.

**LDL (Bad cholesterol):** Like the grease and grime that builds up in your kitchen sink. After awhile, the water will stop running out of the kitchen drain. Bad cholesterol does the same thing in your arteries causing strokes and heart attacks!

**HDL (Good cholesterol):** Like oil in an engine, the oil keeps the engine running smoothly. Without the oil, the engine will stop running. It also keeps bad cholesterol from building up in the arteries. To increase good cholesterol, eat foods low in fat and exercise.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
			% Daily Value*
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 3g			
Cholesterol 30mg		10%	
Sodium 660mg		28%	
Potassium 700mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A	4%	Vitamin C	2%
Calcium	15%	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.			
	Calories	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
Dietary Fiber		25g	30g

The Serving Size describes how much food is in one serving. All of the information on the label is based on serving size. The Servings Per Container should be reviewed carefully because it shows how much sodium, fiber, protein, fat, et., is in each serving. This package contains two servings.

Look at how many calories in a single serving and the number of calories from fat.

The Quick Guide to % Daily Value can be used as a tool. Five percent or less is low. Try to aim low in total fat, saturated fat, cholesterol, and sodium. Twenty percent or more is high. Try to aim high in vitamins, mineral, and fiber.

Eating less of total fat, cholesterol, and sodium may help reduce your risk for heart disease, high blood pressure, and cancer. Try to increase dietary fiber in your diet and lower the intake of sugars.

Eat more fiber, vitamin A and C, calcium, and iron to maintain good health.

The Footnotes (Daily Values) for diet of 2,000 or 2,500 calories appear on the lower half of the food label. These numbers list the recommended limits of nutrients for each day. Your calorie needs may vary from these.

#### Label Claim

#### Definition

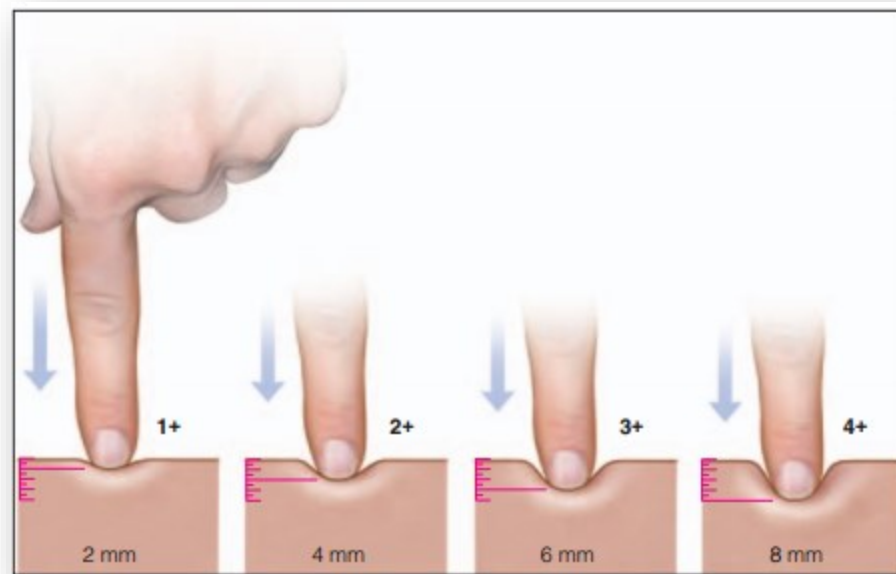
Calorie Free	Less than 5 calories
Low Calorie	40 calories or less **
Light or Lite	1/3 fewer calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
Light in Sodium	50% less sodium
Fat Free	Less than 1/2 gm of fat
Low Fat	3 gm of fat or less fat **
Cholesterol Free	Less than 2 mg cholesterol and 2 gm or less saturated fat **
Low Cholesterol	20 mg or less cholesterol and 2 gm or less saturated fat **
Sodium Free	Less than 5 mg sodium **
Very Low Sodium	35 mg or less sodium **
Low Sodium	140 mg or less sodium **
High Fiber	5 gm or more fiber

Per reference amount (standard serving size). Some claims have higher nutrient levels for main dish products and meal products, such as frozen entrees/dinners.

\*\* Also per 50 g fro products with small serving sizes (reference amount is 30 g or less or 2 Tbsp. or less).

### Hints for Fluid Control

1. Eat allowed fruits and vegetables ice cold between meals.
2. Try lemon wedges, sour hard candies or chewing gum to stimulate saliva and moisten a dry mouth.
3. Rinse your mouth with mouthwash.
4. Chew on ice cubes.
5. Use small cups and glasses for beverages.
6. Remember that 2 cups of retained fluid is equal to 1 pound of fluid weight gain.
7. Freeze allowed beverages in ice cube trays.
8. Drink in sips instead of gulps.
9. Measure fluid allotment for the day and store it in a container in the refrigerator.
10. Keep home well humidified.



0+ No pitting edema

**1+ Mild pitting edema. 2 mm depression that disappears rapidly.**

**2+ Moderate pitting edema. 4 mm depression that disappears in 10-15 seconds.**

**3+ Moderately severe pitting edema. 6 mm depression that may last more than 1 minute.**

**4+ Severe pitting edema. 8 mm depression that can last more than 2 minutes.**



## Fluid Control

Your doctor may place you on fluid restrictions. This chart will help you to keep up with your fluid intake.

### Fluid Measurements

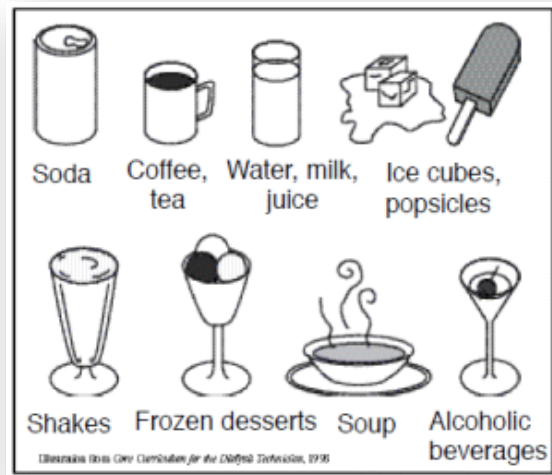
1 quart = 4 cups = 32 ounces = 960 ml

1 pint = 2 cups = 16 ounces = 480 ml

1 cup = 8 ounces = 250 ml

### Items that Count as Fluids

water \* milk \* soft drinks \* alcohol \* cream \* non-dairy creamer  
coffee \* tea \* fruit juice \* fruit drink \* jello \* vegetable juice  
ice cream \* sherbet \* sorbet \* popsicle \* soup/broth \* ice cubes



## Examples of Low-Salt Spices, Herbs & Seasonings

Allspice	Basil	Bay Leaves	Black Pepper	Cayenne Pepper
Celery Pepper	Chili Powder	Chives	Cinnamon	Cloves
Cocoa Powder	Cumin	Curry	Dill	Dry Mustard
Flavored Extract	Fresh Garlic	Garlic Powder	Ginger	Lemon Juice
Low-Salt Ketchup	Nutmeg	Onion Powder	Oregano	Paprika
Parsley	Pimento	Red Pepper	Sage	Tabasco Pepper
Thyme Vinegar	Ms. Dash	Salt Substitute (ask MD first)		

## Examples of High-Salt Spices & Seasonings

Alfredo Mixes	BBQ Sauce	Celery Salt	Cocktail Sauce	Marinade Mix
Salad Dressing	Fish Sauce	Garlic Salt	Generic Sauce	Horseradish
Kosher Salt	Lite Salt	Lite/Regular Soy Sauce	Meat Tenderizer	MSG
Onion Salt	Pickle Relish	Plum Sauce	Poultry Season	Regular Ketchup
Salt	Sea Salt	Seasoned Salt	Teriyaki Sauce	Steak Sauces
Stir Fry Mixes	Stir Fry Sauce	Taco Sauce	Taco Seasoning	Worcestershire Sauce

### Americans' sodium intake breaks down like this:

- 77% from packaged and restaurant food
- 12% is naturally occurring in foods
- 11% from adding salt to food while cooking or at the table

# Low Sodium Choices

## Fruits



## Vegetables



## Grains



## Meat/Fish/Poultry/Beans



## Dairy/Flavors



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## What Goes with What

Soups	Bay leaves, Chervil, French Tarragon, Marjoram, Parsley, Savory, Rosemary
Poultry	Garlic, Oregano, Rosemary, Savory, Sage
Beef	Bay leaves, Chives, Cloves, Cumin, Garlic, Hot Pepper, Marjoram, Rosemary, Savory
Lamb	Garlic, Marjoram, Oregano, Rosemary, Thyme (make little slits in lamb, then insert herbs and roast)
Pork	Coriander, Cumin, Garlic, Ginger, Hot Pepper, Sage, Savory, Thyme
Cheese	Basil, Chervil, Chives, Curry, Dill, Fennel, Garlic, Marjoram, Oregano, Parsley, Sage, Thyme
Fish	Chervil, Dill, Fennel, French Tarragon, Garlic, Parsley, Thyme
Fruit	Anise, Cinnamon, Coriander, Cloves, Ginger, Lemon, Verbena, Mint, Rose, Geranium, Sweet Cicely
Bread	Caraway, Marjoram, Oregano, Poppy Seed, Rosemary, Thyme
Vegetables	Basil, Burnet, Chervil, Chives, Dill, French Tarragon, Marjoram, Mint, Parsley, Pepper, Thyme
Salads	Basil, Borage, Burnet, Chives, French Tarragon, Garlic, Chives, Parsley, Sorrel, Herb Vinegar Dressing

# Low Sodium Diet \* Food Allowed (2,000 mg or 2 grams)

## Beverages

coffee, tea, soft drinks  
low-sodium veg juice  
regular fruit juices

## Milk

*Limit to 2 servings per day:*  
milk, chocolate milk, yogurt,  
frozen yogurt

## Breads, Cereals & Grains

- hot cereal without salt
- puffed rice, puffed wheat, shredded wheat
- low sodium crackers
  - tortillas
- unsalted rice, barley, pasta
  - unsalted air popped popcorn
- pretzels, corn or tortilla chips

*Limit to 6 servings per day:*  
white, wheat, rye or  
pumpnickel bread,  
dinner rolls, muffins,  
pancakes, unsalted crackers  
and breadsticks,  
homemade bread dressing

## Meat & Meat Substitutes

- fresh or frozen beef, lamb, pork and poultry
- fish and most shellfish:  
canned tuna or salmon that has been rinsed
- eggs and egg substitutes
  - low-sodium cheese
  - unsalted or low salt peanut butter
- homemade dried beans/peas
- frozen dinners with less than 600 grams of sodium

*Limit to one serving per day:*  
(1/2 cup) cottage or ricotta cheese  
(1 oz) Swiss or mozzarella

## Vegetables

- all fresh, plain frozen
- "no salt" added canned
- rinsed & drained regular canned veggies
- fresh white or sweet potatoes
- unsalted tomato paste, low-sodium tomato sauce

## Fats

butter or margarine, veg. oils,  
unsalted nuts, homemade  
salad dressings  
*Limit one serving per day:*  
salad dressings, mayo, cream  
cheese

## Fruits

all fresh and frozen

## Soups

low sodium or homemade broths,  
soups with fresh/frozen veggies