

## Diet and Heart failure





Control high blood pressure

Reduce edema

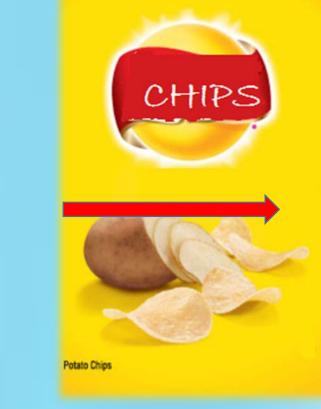
Reduce breathing difficulty for people who have heart failure





Control sodium / salt in your diet

Learn to read food labels: use the label information's in food packages to help you to make the best low sodium selections. Avoid canned food items.

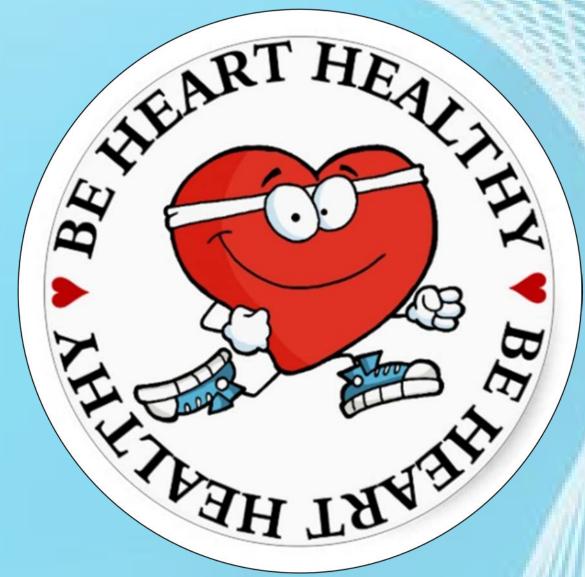


Nutrition Facts
Serving Size 1 oz (28g/About 15 chips) Total Fat 10g Sodium 170mg

Check body weight daily

Sudden increase in body weight indicates excess fluid in the body

Maintain a healthy body weight



Think about fluid intake

Follow your doctor's advice about your fluid intake. Track your daily fluid intake

Too much fluid in your body can make it harder for your already-weakened heart

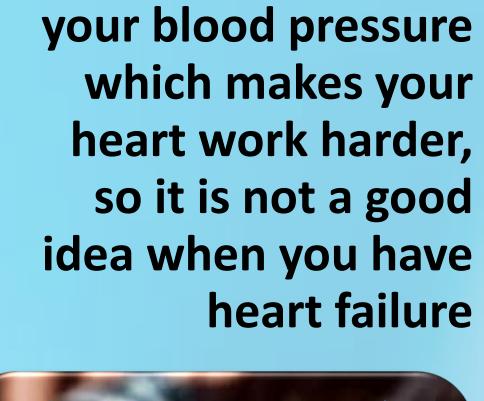


Encourage heart healthy diet

Include fresh fruits and

vegetables in your diet

Avoid alcohol



Alcohol can raise



Have low fat low cholesterol diet and remember to include high fiber food in your diet