



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.

CHIPS

Nutrition Facts	
Serving Size 1 oz (28g/About 15 chips)	
Amount Per Serving	
Calories 160	
Calories from Fat 90	
% Daily Value	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B6 10%

Check body weight daily

Maintain a healthy body weight

Sudden increase in body weight indicates excess fluid in the body



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

Alcohol can raise your blood pressure which makes your heart work harder, so it is not a good idea when you have heart failure

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

Include fresh fruits and vegetables in your diet

Avoid alcohol

