

# Managing Heart Failure

Weigh yourself daily before breakfast

- ♥ New or more short of breath than usual
- ♥ Weight gain of 3 pounds in one day or 5 pounds in 7 days
- ♥ New or more swelling of legs, ankles, feet or abdomen

**If you have any of these symptoms please contact your physician or your Heart Failure Navigator**

## **Tips to follow for a 2000mg (2 Gram) Sodium diet**

Fresh or frozen fruits & vegetables, chicken, fish & whole grains are best

- ♥ Avoid processed foods: canned vegetables/soups, ramen noodles, lunch meats, hotdogs & pickles
- ♥ **NEVER ADD SALT**     **Just one teaspoon of salt has 2300 mgs of sodium!**
- ♥ Be aware of salt in condiments & sauces (ketchup, soy sauce, etc.)
- ♥ Limit ordering out, restaurant foods are VERY high in sodium
- ♥ **Read food labels for: sodium content AND serving size**

Nutrition Facts	
6 servings per container	
Serving size	1 serving (230g)
Amount per serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	