

Heart Failure Nutrition Support

- Heart failure means your heart is not pumping as well as it should.
- This can cause your body to hold extra fluid.
- You may notice swelling or feel short of breath.

Food Tips:

- What you eat can help you **feel better** and stay out of the hospital.
- It is important to watch your **salt** and **fluids**.

Sodium:

Too much salt can make your body **hold extra fluid**.

Try these tips:

- Try to limit foods with salt
- Try to eat out less
- Try not to drink electrolyte drinks
- Try choosing more **fresh foods**
- Choose **no-salt seasonings** for flavor



Label reading:

- Read labels on foods
- Look for “**low sodium**” or “**no salt added**”
- Low sodium = **140 mg** or less
- High sodium = **300 mg** or more

Nutrition Facts	
2 servings per container	
Serving size	1 cup (228g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%



Fluid:

- Some people with heart failure need to **limit how much they drink**.
- Most people may need about **6–8 cups (48–64 oz) each day**.
- Your doctor will tell you how much is right for you.



What Counts as Fluid:

- **Beverages:** water, flavored waters, milk, milkshakes, coffee,
 - smoothies, vegetable and fruit juices, coconut water, tea
 - sodas, lemonade, sports drinks, energy drinks, alcohol
- **Soups:** cream soup, broth-based soups, bullion
- **Ice:** ice cream, sherbet, frozen yogurt, popsicles, ice cubes
- **Gelatin:** Jell-O, D-Zerta, gelatin molded fruit salad
- **Creamers:** cream, half and half, non-dairy creamer
- **Fruit:** watermelon, juice from canned fruits
- **Other:** liquid medicine, liquid nutritional supplements



Tips to Drink Less:

- Try to eat less salt. Salty foods can make you feel more thirsty.
- Try to eat more fruits and vegetables.
- Stay active each day.
- Work on keeping your blood sugar in a healthy range.
- Stay cool when it is hot. You can use a fan or a cool cloth.
- Try sucking on ice cubes instead of drinking more.
- Chew gum to help with a dry mouth.
- Try adding lemon to help with thirst.
- Avoid drinks with caffeine or alcohol.
- Try sugar-free hard candy to help keep your mouth moist.



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.