

Heart Failure: Dietary Considerations

Because of your heart condition, it is very important that you keep track of what you eat and drink. Too much salt or fluid in your diet can stress the heart and lead to worsening of symptoms.

You should not consume more than 2 Liters, or 2000 ml (like the size of a big bottle of soda) of fluid in a day. This includes any form of liquid: including coffee, soup, ice cream, etc.

You should not consume more than 2 grams, or 2000 milligrams of salt (sodium) per day. Examples of foods with a high salt content include: chinese food, pizza, certain cheeses, salad dressings, cold cuts, canned soups, and any food served in a restaurant! See attached handouts regarding the salt content in processed foods and how to read a food label. Remember, if it comes in a box, can, or a bag, it has salt in it!

Every day you should weigh yourself at the same time in the morning.

Every day you should ask yourself these questions:

1. Did you gain 2 or 3 pounds?
2. Are your feet swollen?
3. Is it hard to breathe when you lie flat on your back?
4. Do you have a new dry or loose cough?
5. Does your belly feel bloated?
6. Is it hard to breathe when you walk or get dressed?
7. Do you have chest pain?
8. Do you wake up in the middle of the night and find it difficult to breathe?

If you answer “yes” to any of these questions (especially if your answer in the recent past has been “no”), please call us!