

CHF Handbook

KNOWLEDGE IS POWER



**Strong Hearts
CHF Clinic**

ARKANSAS
HEART
HOSPITAL®

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ARKANSAS HEART HOSPITAL®

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   | ARHeart.com

Congestive Heart Failure Overview



CONGESTIVE HEART FAILURE (CHF) is a scary sounding name for a fairly common disease. Heart Failure simply means that the heart is not pumping enough blood to meet the body's demands. This weakened pump frequently results in fluid backing up in your lungs or legs and abdomen.

Common Symptoms of new or worsening heart failure:

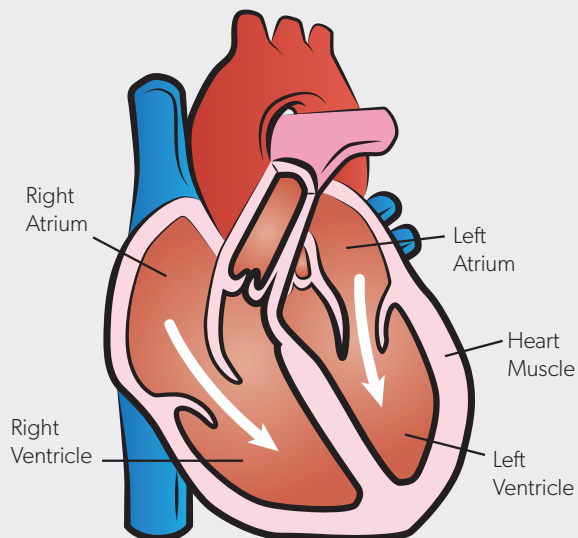
- shortness of breath that is worse when you sleep
- swollen feet, ankles and legs
- tightness in belly
- Increased fatigue and shortness of breath with routine activity
- rapid weight gain of 3 pounds in a day or 5 pounds or more in a week

However, being diagnosed with CHF does not mean you can't enjoy life. With proper treatment and your active involvement in committing to lifestyle changes (most importantly, a low sodium diet), you can significantly improve your symptoms, feel better, and live a longer and more active life. Learning as much as possible about your condition will enable you to work with your health care team to accomplish these goals.

Heart failure is usually diagnosed with an Echocardiogram (or "echo") which uses ultrasound waves to show an image of your heart as it is pumping. Normally, about 60% of the blood is pumped out of your heart with each beat. This number is called the EJECTION FRACTION or EF. This number is important to diagnose what kind of heart failure you have.

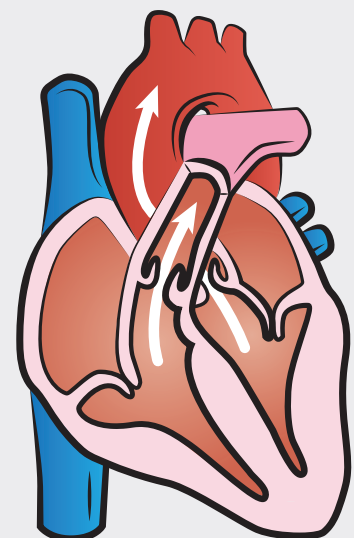
NORMAL HEART FUNCTION

Your heart is a pumping muscle that works nonstop to keep your body supplied with oxygen-rich blood. Signals from the heart's electrical system set the speed and pattern of the pump's rhythm. Valves keep the blood moving in one direction, through the heart's four chambers.



Diastole (Filling)

The ventricles fill normally with blood.

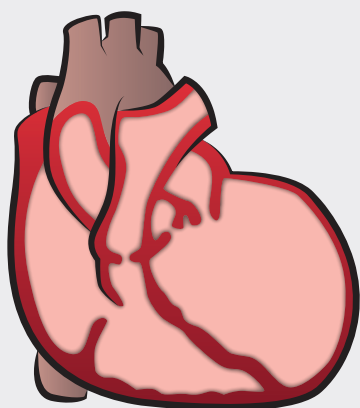


Systole (Pumping)

The ventricles pump out about 60% of the blood.

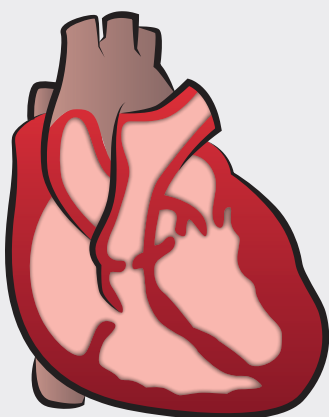
HEART MUSCLE AND CHF

Past heart attacks and other risk factors may cause your heart muscle to become damaged. This can result in heart muscle that is either too thin and weak, or too thick and stiff to function properly.



SYSTOLIC FAILURE

Thin and weak heart walls are a sign of Systolic Failure.



DIASTOLIC FAILURE

Thick and stiff heart walls are a sign of Diastolic Failure.

SYSTOLIC HEART FAILURE

Systole is the squeezing phase of the heartbeat. Systolic failure means the heart has trouble squeezing. Commonly, the heart muscle has been damaged from a past heart attack and is now thinner, weaker, and more enlarged than it should be. The EF may be 45% or less.

Treatment of Systolic Heart Failure

“Evidence-based medications” have been proven in clinical trials to decrease death rates and hospital readmissions for heart failure patients.

These medications act by blocking bad chemicals in your bloodstream that make heart failure worse over time.

These medications include:

- **ACE (angiotensin converting enzyme) inhibitors** which relax blood vessels so the heart does not have to pump against too much pressure. Common ACE inhibitors include Lisinopril, Enalapril and Ramipril.
- **ARBs (angiotensin receptor blockers)** are an acceptable alternative to ACE inhibitors if they cause a cough. Common ARBs are Valsartan, Candesartan and Losartan.
- **Beta Blockers** will lower your heart rate ease the workload of the heart. The beta blockers used for treatment of heart failure are Carvedilol, Metoprolol Succinate and Bisoprolol.
- **Aldosterone Antagonists** (such as Spironolactone or Eplerenone) block bad stress hormones which make heart failure worse.

Do not stop these medications on your own because you think your blood pressure is too low! Many people with Heart Failure will have a low blood pressure. Although these medications can lower your blood pressure, the purpose of these medications when used to treat heart failure is to increase your lifespan and decrease heart failure symptoms which lead to hospitalizations. If you think your blood pressure is too low, please discuss this with your doctor before making any medication changes yourself.

DIASTOLIC HEART FAILURE

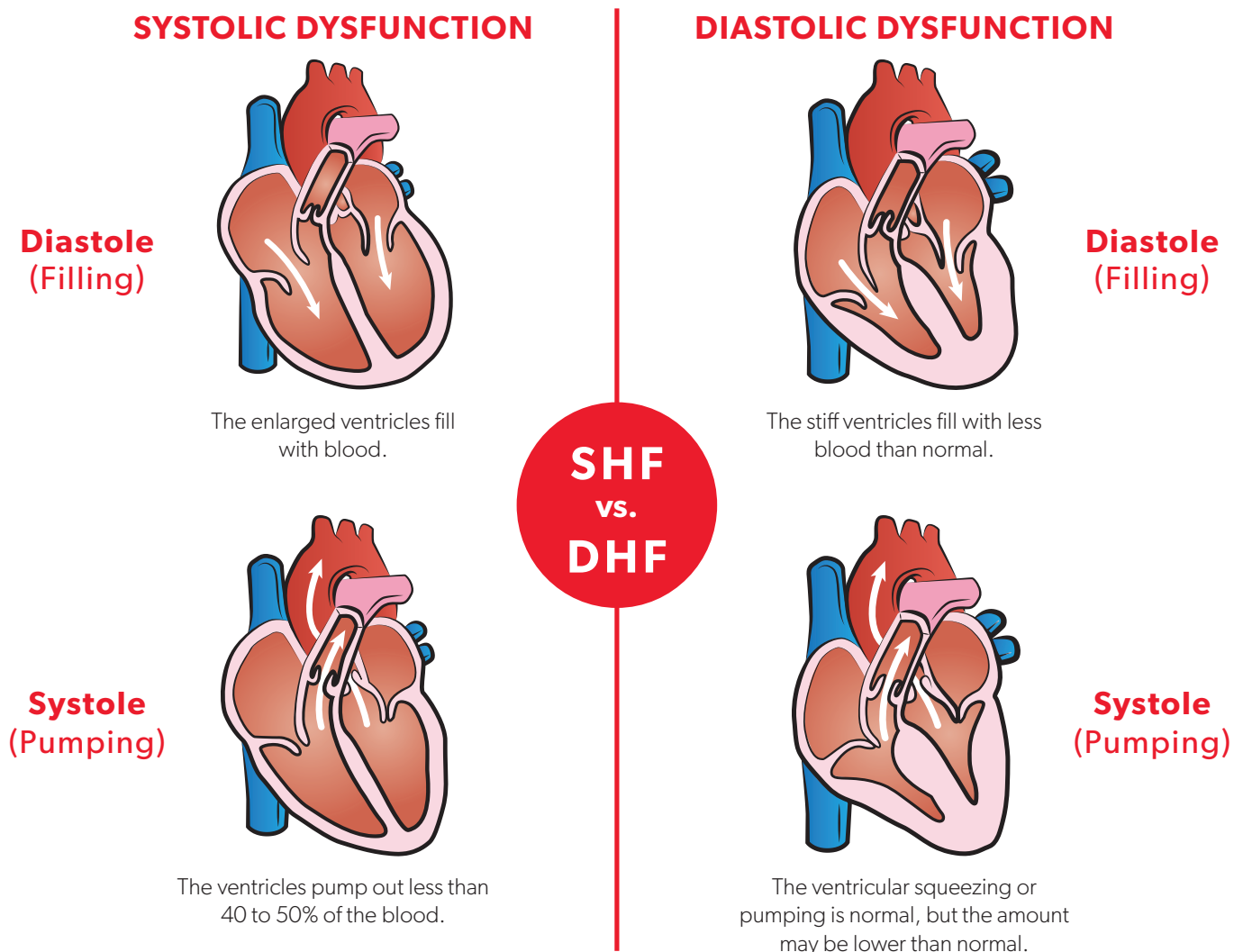
Diastole is the relaxation phase of the heartbeat. Diastolic failure means the heart muscle has trouble relaxing. The muscle walls are thicker and stiffer than a normal heart. Therefore, the heart has trouble filling with blood. Pumping against high blood pressure is the most common cause of diastolic heart failure. Patients with diastolic heart failure may have an EF range of 45-70%.

Treatment of Diastolic Heart Failure

The main treatment of diastolic heart failure is control of high blood pressure. The “evidence based medications” for systolic heart failure listed on page 6 can be used to lower blood pressure in people with diastolic failure.

Diuretics

Diuretics or “water pills” are used to pull excess fluid from your blood stream by making you pass more urine. Diuretics are necessary for most heart failure patients, but it is important to keep the doses as low as possible. High doses of diuretics are hard on your kidneys. Your doctor’s ability to lower your diuretic dose depends on your willingness to follow a low sodium diet and fluid restriction as discussed below.



LIFESTYLE CHANGES

3 things YOU can do to control your heart failure



1. Limit Sodium

Sodium is a mineral that is necessary for your body, but too much sodium in your diet will cause your symptoms to worsen and frequently results in a trip to the emergency room.

Water is attracted to sodium. If you eat too much sodium, you will pull excess fluid into your blood stream that your weakened heart will have to pump. When your heart is unable to keep up with the increased fluid volume, it will back up into your lungs and/or be retained in your legs and abdomen (edema). These symptoms frequently result in a trip to the Emergency Room.

Eat no more than **2000mg** of sodium daily (unless otherwise directed by your doctor).

Record your sodium intake from each meal on the Daily Food Diary at the end of this booklet. Additional copies of the Daily Food Diary can be downloaded from arheart.com/services/strong-heart-clinic.



2. Limit Fluid

If you have heart failure and are taking strong diuretics such as Lasix (furosemide), Bumex (bumetanide) or Demedex (torsemide), you usually need to limit fluid intake. Otherwise you will undo the work of the diuretics in pulling fluid out of your bloodstream (You can't drain the sink if you don't turn off the faucet). Everything you drink is absorbed by your blood stream and then must be pumped by your heart before it is urinated out. Drinking more fluid than your heart can pump will cause your body to retain excess fluid and make heart failure symptoms worsen.

If you have had a hospitalization due to fluid overload with heart failure and are taking diuretic pills, you should limit your fluid intake to **64 ounces a day** (unless otherwise directed by your doctor). Count anything that is liquid at room temperature including the water you take your pills with.

Record your fluid intake on the Daily Food Diary at the end of this booklet.

Tip: Try a cup of ice chips instead of drinking glasses of water. It will last longer.



3. Daily Weights

Increases in your daily weight are an important sign of worsening heart failure. A rapid weight gain of 3 pounds overnight or 5 or more pounds in a week is usually due to fluid overload. Keeping a record of your daily weights will help you identify fluid overload at the early stages so you can contact your healthcare provider who can adjust your medications to keep you out of the hospital.

Weigh once a day in the morning :

- after you have emptied your bladder
- before eating
- wearing the same amount of clothing

Record your daily weights on the Daily Food Diary in this booklet. You may be able to see a connection between increases in your weight and increased sodium intake the day before.



THE CHF STOPLIGHT

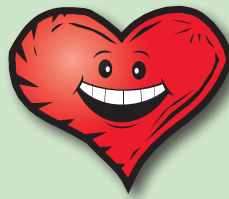
Identifying Fluid Overload

Health Care Professional's

Name: _____ Phone Number: _____

GREEN ZONE: ALL CLEAR!

- ✓ No shortness of breath
- ✓ No Swelling
- ✓ Weight is stable
- ✓ No chest pain
- ✓ No decrease in your activity level



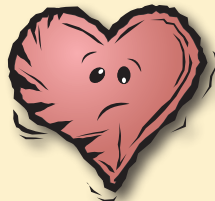
GREEN ZONE MEANS:

- ✓ Your symptoms are under control
- ✓ Keep taking your medications as directed by your doctor
- ✓ Keep all your medical appointments
- ✓ Eat foods that are low in salt
- ✓ Weigh yourself daily

Goal
Weight: _____

YELLOW ZONE: CAUTION!

- ✓ Weight gain of 3 or more pounds overnight or 5 pounds or more in a week
- ✓ Coughing more
- ✓ More swelling in legs or belly
- ✓ More short of breath when active
- ✓ Sleeping on more pillows?



YELLOW ZONE MEANS:

- ✓ You have fluid overload
- ✓ Your medications may need to be adjusted
- ✓ **Call your health care professional**

CHF Clinic: M-F 7:30 a.m.-4 p.m. | (501) 978-8633
Arkansas Heart Hospital Clinic: (501) 664-5860
Weekends or after hours, call Medical Exchange
(501) 663-8400, and ask for physician on call for AHH.

RED ZONE: DANGER!

- ✓ Shortness of breath all the time, even at rest
- ✓ Chest pain that doesn't go away
- ✓ Wheezing or chest tightness at rest
- ✓ Need to sit up to sleep
- ✓ Weight gain of 7 pounds or more
- ✓ Confusion



RED ZONE MEANS:

- ✓ You need to call your physician
RIGHT AWAY!

PHYSICIAN: _____
PHONE NUMBER: _____

If unable to contact your physician right away, call 911.

HEART FAILURE HOME CARE INSTRUCTIONS



Report these signs of dehydration to your Health Care Provider:

Weight loss of 5 pounds or more in a week that may occur with one or more of the following symptoms:

- Increased lightheadedness, dizziness
- Decreased blood pressure
- Decreased urination



Keep all doctors' appointments.

After a hospitalization with Heart Failure, changes in your medication (especially diuretics) require close follow-up by your Health Care Provider and monitoring of blood work to prevent potential problems such as heart rhythm disturbances and kidney problems.



Abstain from alcohol.

Heart Failure patients should abstain from alcohol. Alcohol worsens Heart Failure and in some cases, large sustained amounts can even cause Heart Failure.



Avoid over-the-counter pain relievers.

Heart Failure patients should avoid all over-the-counter pain relievers (such as Advil, Motrin, Aleve, Naproxen, Ibuprofen) except for Tylenol (acetaminophen). Also prescription Cox-2 inhibitor pain medications (such as Celebrex and Vioxx) should be avoided. These meds inhibit the action of your diuretics and can cause fluid retention which can lead to another ER visit or hospitalization.



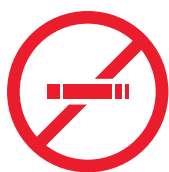
Take medications exactly as ordered.

After you return home, carefully compare your discharge medication list from the hospital to the medications you were taking before coming to the hospital. If you have any questions about med changes, please call your doctor.



Activity

- Do some kind of physical activity every day. Activity can make you feel better and may also decrease your symptoms and improve your heart's function.
- Learn how to balance activity with your need for rest.
- Whatever you do, take it step by step and give yourself plenty of time to adjust to being more active.
- Discontinue activities if you have shortness of breath, chest pain, dizziness, extreme fatigue, or a racing heart.



Smoking Cessation for Heart Failure Patients:

IT'S NEVER TOO LATE!

- Heart Failure patients that quit smoking have a 30% lower rate of death than Heart Failure patients that smoke.
- This improvement in death rates from quitting smoking is the about the same benefit that patients gain from taking important Heart Failure medications such as ACE inhibitors, beta blockers and aldosterone antagonists.
- The benefits of quitting smoking kick in within one year for Heart Failure patients (as compared to decreases in cancer risk which accrue at a slower rate).
- When tobacco addiction can be documented as a contributing factor to Heart Failure, smoking cessation therapy is often covered on a case-by-case basis by Medicare. Medicaid and private insurance vary in their coverage policies.

RESOURCES:

- Arheart.com/services/strong-heart-clinic This is AHH's CHF Clinic website. You can download food diaries, watch the AHH CHF educational videos and more.
- Aahfn.site-ym.com/mpage/patiented. The American Association of Heart Failure Nurses patient education website-all aspects of heart failure.
- Heartfailure.org has HF information in Spanish.
- Dietfacts.com lists sodium content of foods from common restaurants, including fast food.
- Healthyheartmarket.com is a resource for ordering low sodium and no-sodium products for cooking needs (for example, no-sodium baking powder and baking soda), condiments (low sodium BBQ sauce) and snacks.
- Megaheart.com has low sodium recipes and many cooking tips from a chef that also has heart failure.

Heart Failure is a challenging disease to manage. The goal of improving your quality of life and maintaining independence as much as possible requires your active involvement and cooperation. The more you know about your condition, the better you and your health care team will be able to accomplish these goals together.

LOW SODIUM TIPS

Cutting down on sodium in your diet is the most important lifestyle change you can make to feel better and improve your heart failure symptoms. After you leave the hospital, it is very important that you keep track of your sodium and fluid intake on your Daily Food Diary. The following tips are helpful when transitioning to a low sodium diet:

READ nutrition labels on food. Sodium can be hidden in surprising places such as cold breakfast cereal, doughnuts, muffins and cake.

LIMIT sodium to 500mg per meal. This will allow for some snacks during the day. When buying food at the grocery store, if the sodium content on the label is more than 250mg/serving, put the food back on the shelf.

COMPLETE your food diary every day. Refer to the attached “Sodium Contents of Foods” along with nutrition labels on food when calculating your daily sodium intake.

LEARN to use herbs, spices, onion and garlic for flavor. Try seasoning with lemon or lime juice.

CHOOSE fresh meats instead of cured or processed meats. Choose fresh or frozen vegetables instead of canned. Avoid canned soups.

REPLACE table salt with an herb mix or sodium-free seasoning blend. These are available in the spice section at the grocery store. Read the nutrition label and make sure the sodium content is “0 mg”. Talk to your doctor before using a salt substitute.

BUY a low sodium cookbook. Experiment with new recipes. You may discover something new that you really like!

BE PATIENT. You will eventually lose your craving for salt after a couple of months (this is a learned desire that can be un-learned). You will begin to appreciate the natural tastes of fresh food, fruits and vegetables, and will begin to prefer these foods over the processed versions.

ENJOY feeling better, sleeping better and participating in more activities that you used to enjoy!

TIPS FOR UNDERSTANDING NUTRITION LABELS

Always check the serving size at the top. The amount of sodium listed in "mg" is the amount contained in ONE serving.

Track the Sodium content in MILLIGRAMS (mg), not percentage of Daily value.

When recording sodium content in your Daily Food Diary,

- refer to the sodium content on Nutrition Labels for packaged food.
- Refer to the "Sodium contents in Food" section of this booklet for foods that may not have a nutritional label.

Remember:

If it's pre-made, pre-sliced, pre-mixed or pre-prepared...

IT'S PRE-SALTED!

Sodium Contents in Food



BAKING (sodium content in mg.)

Baking Chocolate

- Semi-Sweet, 1 oz - 0
- Sweet, 1 oz - 30
- Unsweetened, 1 oz - 7
- White, 1 oz - 30

Baking Chocolate Chips

- Chocolate Semi-Sweet, 1 oz - 0
- Butterscotch, 1 oz - 30
- White, 1 oz - 40
- Peanut Butter, 1 oz - 70

Breadcrumbs

- Breadcrumbs, plain ¼ cup - 233
- Breadcrumbs, seasoned ¼ cup - 795
- Cracker meal, ¼ cup - 8
- Cookie crumbs, ¼ cup - 110
- Graham cracker crumbs, ¼ cup - 200

Cocoa Powder

- Unsweetened, 2 tablespoons - 2

Coconut

- Coconut milk, ¼ cup - 7
- Shredded, unsweetened, 1 oz - 10
- Shredded, sweetened, 1 oz - 74

Cornmeal

- Degermed, enriched yellow, 1 cup - 4
- Self-rising, degermed, enriched yellow, 1 cup - 1860
- Whole grain, yellow, 1 cup - 43
- Cornstarch, 1 tablespoon - 1

Flour

- All-purpose flour, 1 cup - 3
- Self-rising flour, 1 cup - 155
- Cake flour, 1 cup - 0
- Potato flour, 1 cup - 88
- Rice flour, white 1 cup - 0
- Rice flour, brown 1 cup - 13
- Rye flour, dark 1 cup - 1
- Rye flour, light 1 cup - 2
- Soy flour, 1 cup - 11
- Wheat flour, whole grain 1 cup - 6

Flour

- Baking powder, 1 teaspoon - 488
- Baking soda, 1 teaspoon - 1,259
- Cream of tarter, 1 teaspoon - 2
- Yeast, bakers, dry 1 tablespoon - 0

Milk, Milk Substitutes - Canned & Powdered

- Buttermilk, powdered 1 tablespoon - 41
- Condensed milk, sweetened, canned ½ cup - 194
- Evaporated milk, canned ½ cup - 133
- Evaporated milk, canned, skim ½ cup - 147
- Goat milk, powdered 1 tablespoon - 58
- Goat milk, canned ½ cup - 120
- Milk, powdered, non-fat 1 tablespoon - 23

Pastry Dough

- Phyllo dough (fillo), 1 sheet - 92
- Puff pastry, 1/6 sheet - 200
- Puff pastry shell, 1 shell - 230

Pie Crusts

- Cookie crumb crust, chocolate, 1/8 - 188
- Cookie crumb crust, vanilla, 1/8 - 113
- Flour crust, frozen 1/8 - 105
- Flour crust from mix, 1/8 - 146
- Graham cracker crust, 1/8 - 168

Sugar Substitutes

- Sugar substitutes, all 1 teaspoon - 0

Sweeteners

- Corn syrup, dark ¼ cup - 127
- Corn syrup, light ¼ cup - 99
- Fruit sweetener ¼ cup - 10
- Honey ¼ cup - 3
- Molasses ¼ cup - 30
- Rice syrup, brown ¼ cup - 5
- Sugar, brown ¼ cup - 22
- Sugar, granulated ¼ cup - 1
- Sugar, powdered ¼ cup - 0

BEVERAGES (sodium content in mg.)

Coffee

- Brewed from grounds, tap water 6 fl oz - 4
- Instant, tap water 6 fl oz - 4
- Espresso, restaurant prepared 2 fl oz - 8

Soft Drinks

- Coca Cola classic, caffeine free - 35
- Diet Coke, - 35
- Coca Cola vanilla coke - 35
- Dr. Pepper - 35
- Fresca - 35
- Ginger Ale - 35
- Green River - 15
- Mountain Dew - 50
- Diet Mountain Dew - 38
- Mountain Dew Code Red - 110

- Pepsi - 35
- Diet Pepsi - 35
- Pepsi, caffeine free - 25
- 7 UP - 50
- Diet Sierra Mist - 35
- Slice - 35
- Sprite - 45
- Tonic - 35

Tea

- Tea, brewed with tap water, 6 fl oz - 5
- Tea, herb, chamomile, 6 fl oz - 2
- Tea, other herb teas, 6 fl oz - 2
- Tea, instant, sweeten w/ saccharin, lemon, 6 fl oz - 18

BREAD PRODUCTS (sodium content in mg.)

Bagels (medium) 2.5 oz

- Cinnamon raisin bagel - 338
- Egg bagel - 530
- Oat bran bagel - 532
- Plain bagel - 561
- Plain bagel (mini) 1oz - 139
- Plain bagel (large) 3.9 oz - 700

Bread, 1 oz slice

- Crumbs, dry, seasoned, 1 cup - 2111
- Croissant, plain - 212
- Egg bread, ½ inch slice - 197
- Foccacia - 308
- French bread - 173
- French roll - 173
- Kaiser roll - 154
- Mixed grain bread - 138
- Oat bran bread - 115
- Oat bran, reduced calorie - 100
- Oatmeal bread - 170
- Pita (pocket) bread, whole wheat (4in.) - 340
- Protein (gluten) bread - 155
- Pumpernickel bread - 190
- Raisin bread - 111

- Rice bran bread - 125
- Rye bread - 187
- Rye, reduced calorie - 115
- Sourdough - 173
- Wheat - 148
- Wheat, cracked wheat bread - 153
- Wheat, reduced calorie - 145
- White bread - 153
- White, reduced calorie - 128

Cake type breads

- Banana bread (recipe w/ margarine), 1 slice - 181
- Cornbread, dry mix, prepared, 1 piece (2 x 2 inch square - 467
- Doughnut, cake type, plain 1 - 257
- Doughnut hole, cake type plain 1 - 76
- Doughnut, yeast-leavened, glazed 1 - 205
- Doughnut hole, yeast-leavened, glazed 1 - 44

BREAD PRODUCTS (Continued)

English Muffins

- Cinnamon raisin, 2 oz - 255
- Granola, 2.4 oz - 275
- Mixed grain, 2.4 oz - 275
- Plain, 2 oz - 290
- Wheat, cracked 1 slice - 135
- Whole wheat, 2.4 oz - 420

Muffins

- Blueberry, commercially prepared, 1 - 255
- Blueberry, from recipe w/ 2% milk 1 - 251
- Corn, commercially prepared, 1 - 297
- Corn, dry mix, 1 - 398
- Oat bran, 1 - 224

BREAKFAST FOODS (sodium content in mg.)

Cereal

- All-Bran, 1 cup - 146
- Apple Jacks, 1 cup - 143
- Basic 4, 1 cup - 316
- Cap'n Crunch, 1 cup - 269
- Cheerios, 1 cup - 213
- Cheerios, Apple Cinnamon, 1 cup - 160
- Cheerios, Honey Nut, 1 cup - 269
- Chex, Corn, 1 cup - 288
- Chex, Rice, 1 cup - 234
- Chex, Wheat, 1 cup - 267
- Cinnamon Toast Crunch, 1 cup - 275
- Cocoa Crispies, 1 cup - 263
- Cocoa Puffs, 1 cup - 171
- Corn Flakes, Kellogg, 1 cup - 202
- Corn Pops, 1 cup - 120
- Cream of wheat, regular, cooked w/o salt - 146
- Cream of Wheat, quick, without salt - 139
- Cream of Wheat, mix & eat, 1 packet - 241
- Crispix, 1 cup - 210
- Froot Loops, 1 cup - 150
- Frosted Flakes, Kellogg, 1 cup - 197
- Golden Grahams, 1 cup - 359
- Granola with raisins, Quaker, 1 cup - 238
- Grits, corn, cooked without salt, 1 cup - 5
- Honey Nut Clusters, 1 cup - 249
- Kix, 1 cup - 200

- Life Quaker, 1 cup - 219
- Life, Cinnamon, 1 cup - 204
- Lucky Charms, 1 cup - 203
- Malt- O-Meal, plain or chocolate, 1 cup - 2
- Oats, instant, plain, 1 packet - 80
- Oats, regular & quick, cooked w/o salt, 1 cup - 2
- Oatmeal, instant, Quaker, Maple & Brown Sugar, 1 packet - 253
- Oatmeal, instant, Quaker, Apples & Cinnamon, 1 packet - 165
- Puffed Rice, 1 cup - 0
- Puffed Wheat, 1 cup - 0
- Raisin Bran, Kellogg, 1 cup - 362
- Raisin Nut Bran, 1 cup - 250
- Reese's Puffs, 1 cup - 223
- Rice Krispies, 1 cup - 255
- Shredded Wheat, 2 biscuits - 3
- Special K, 1 cup - 224
- Total, 1 cup - 157
- Total, Raisin Bran, 1 cup - 239
- Total, Whole Grains, 1 cup - 256
- Trix, 1 cup - 194
- Wheat Bran Flakes, Kellogg, 1 cup - 20
- Wheaties, 1 cup - 218
- Wheaties, Frosted, 1 cup - 272

CONDIMENTS (sodium content in mg.)

- Capers, 1 tablespoon - 255
- Cranberry sauce, whole or jellied, ¼ cup - 10
- Cranberry/ orange relish, ¼ cup - 22
- Fruit butter, 1 tablespoon - 10
- Horseradish, 1 teaspoon - 50
- Jam or Jelly, 1 tablespoon - 6
- Ketchup, 1 tablespoon - 178
- Mayonnaise, 1 tablespoon - 80
- Mayonnaise, light, 1 tablespoon - 120
- Mayonnaise, fat free, 1 tablespoon - 120
- Mayonnaise-type salad dressing, 1 tablespoon - 100
- Mayonnaise-type salad dressing, light, 1 tablespoon - 130
- Mustard, yellow, 1 teaspoon - 56
- Mustard, Dijon, 1 teaspoon - 120
- Olives, black, 0.5 oz - 115
- Peanut butter, 2 tablespoons - 150
- Pickle relish, sweet, 1 tablespoon - 125
- Pickle relish, dill, 1 tablespoon - 240
- Pickles, bread & butter, 1 oz - 106
- Pickles, dill, 1 oz - 359
- Pickles, sweet, 1 oz - 263

DAIRY PRODUCTS (sodium content in mg.)

- Butter, 1 tablespoon - 117
- Butter, unsalted, 1 tablespoon - 2
- Butter spray, 2 sprays - 5
- Butter, whipped, 1 tablespoon - 55
- Margarine, 1 tablespoon - 105
- Margarine, unsalted, 1 tablespoon - 0
- Monterey jack - 152
- Mozzarella - 118
- Mozzarella, part skim - 150
- Parmesan - 454
- Processed, boxed - 410
- Processed spread, jar - 490
- Provolone - 248
- Ricotta, ¼ cup - 52
- Ricotta, part skim, ¼ cup - 78
- Romano - 340
- Roquefort - 513
- Stilton - 220
- Swiss - 74

Cheese

- American processed, sliced - 406
- Asiago - 400
- Blue - 396
- Brick - 159
- Brie - 178
- Camembert - 239
- Cheddar - 176
- Colby - 171
- Cottage cheese, 4 oz - 430
- Cottage cheese, low fat, 4 oz - 360
- Cottage cheese, fat free, 4oz - 380
- Edam - 274
- Feta - 316
- Fontina - 227
- Goat - 104
- Gorgonzola - 350
- Gouda - 232
- Gruyere - 95

Cream Cheese (2 Tablespoons)

- Cream cheese - 84
- Cream cheese, light - 150
- Cream cheese, fat free - 135

Eggs (mg)

- Egg, whole, small - 47
- Egg, whole, medium - 55
- Egg, whole, large - 63
- Egg, white, large - 55
- Egg, yolk, large - 12
- Egg substitute, ¼ cup (1 egg equivalent) - 115

DAIRY PRODUCTS (Continued)

Milk Products

- Milk, whole - 120
- Milk, 2% - 122
- Milk, 1% - 123
- Milk, nonfat - 127
- Buttermilk - 157
- Chocolate milk, ready to drink - 150
- Eggnog, prepared - 138
- Goat milk - 122
- Half & half, 1 tablespoon - 6
- Rice milk - 70
- Soy milk - 85

- Whipping cream, heavy, 1 Tablespoon - 6
- Whipping cream light, 1 Tablespoon - 5

Sour Cream (2 Tablespoons)

- Sour cream regular - 15
- Sour cream, reduced fat - 25
- Sour cream, fat free - 40

Yogurt (8 oz)

- Yogurt, whole milk, plain - 114
- Yogurt, low fat - 172
- Yogurt, fat free - 187
- Yogurt, low fat, fruit flavored - 143

DESSERTS (sodium content in mg.)

Cake

- Angel food, commercially prepared, 1 piece - 210
- Angel food, dry mix, prepared, 1 piece - 255
- Boston cream pie, commercially prepared, 1 piece - 132
- Chocolate w/ chocolate frosting, commercially prepared, 1 piece - 214
- Chocolate w/o frosting, prepared from recipe, 1 piece - 299
- Fruitcake, commercially prepared, 1 piece - 116
- Gingerbread, prepared from recipe, 1 piece - 242

- Pound cake, butter, commercially prepared, 1 piece - 111
- Pound cake, commercially prepared, fat-free, 1 piece - 95
- Shortcake, biscuit type, 1 piece - 329
- Snack cake, crème-filled, chocolate w/ frosting, 1 cupcake - 213
- Snack cake, crème filled, sponge, 1 cake - 155
- White cake w/ coconut frosting, recipe, 1 piece - 318
- White cake w/o frosting, recipe, 1 piece - 242
- Yellow cake w/ chocolate frosting, commercially prepared, 1 piece - 216

FISH & SHELLFISH (3 oz raw, not processed) (sodium content in mg.)

- Anchovy - 87
- Bass - 58
- Catfish - 51
- Caviar - 1,871
- Clams - 31
- Cod - 59
- Crab - 619

- Flounder - 66
- Halibut - 46
- Herring - 57
- Lobster - 179
- Oysters - 62
- Perch, Atlantic - 67
- Perch, Pacific - 54

FISH & SHELLFISH (Continued)

- Red snapper - 57
- Salmon, Atlantic - 63
- Salmon, Chinook - 38
- Salmon, coho - 41
- Scallops - 217
- Shrimp - 119
- Sole - 66
- Swordfish - 46
- Trout, brook - 40
- Trout, rainbow - 69
- Tuna, albacore - 34
- Tuna, yellowfin - 31

FRUIT, DRIED (1 oz) (sodium content in mg.)

- Apples - 25
- Apricots - 3
- Dates - 1
- Figs - 3
- Pears - 2
- Prunes, pitted - 1
- Raisins, seedless - 3

FRUIT, FRESH (sodium content in mg.)

- Apples, 1 medium - 0
- Apricots, 1 medium - negligible
- Avocados, ½ medium - 10
- Bananas, 1 medium - 1
- Blackberries - 0
- Blueberries, ½ cup - 4
- Cantaloupe, 1/8 of melon - 5
- Cherries, sweet - 0
- Cherries, sour, 1 cup - 5
- Cranberries, 1 cup - 1
- Figs, 1 medium - 1
- Grapefruit - 9
- Grapes, 1 cup - 2
- Guavas, 1 medium - 2
- Honeydew melon, ½ medium - 7
- Kiwi fruit, 1 - 3
- Lemons, 1 medium - 1
- Limes, 1 medium - 1
- Mangos, 1 medium - 2
- Nectarines - 0
- Oranges - 0
- Passion fruit, 1 fruit - 5
- Papayas, 1 medium - 9
- Peaches - 0
- Pears - 0
- Persimmons, 1 medium - 1
- Pineapples, chopped, 1 cup - 2
- Plums - 0
- Pomegranates, 1 medium - 5
- Raspberries - 0
- Strawberries, ½ cup - 1
- Tangerines, 1 medium - 1
- Tomatoes, medium - 4
- Watermelon, cubed, 1 cup - 3

HERBS, SPICES & SEASONINGS (1 tsp. dried) (sodium content in mg.)

- Allspice, ground - 2
- Basil - 1
- Bay leaf - negligible
- Celery seed - 4
- Chili powder - 26
- Cinnamon, ground - 1
- Cloves, ground - 5
- Coriander seed - 1
- Cumin seed - 3
- Curry powder - 1
- Ginger, ground - 1
- MSG - 492
- Nutmeg, ground - negligible
- Onion powder - 1
- Oregano - negligible
- Paprika - 1
- Parsley - 2
- Pepper, black - 1
- Pepper, cayenne - 7
- Rosemary - 1
- Saffron - 1
- Sage - negligible
- **Salt - 2,325 mg per teaspoon!**
DO NOT USE!
- Sugar - negligible
- Tarragon - 1
- Thyme - 1
- Vanilla extract - 0
- Vinegar - negligible

MEATS & POULTRY (3 oz. raw, unprocessed) (sodium content in mg.)

Beef

- Chuck - 65
- Flank - 60
- Kidney - 53
- Liver - 62
- Porterhouse - 47
- Rib roast - 45
- Round Steak - 44
- Rump - 64
- Sirloin - 44
- T-Bone - 47

Chicken

- Breast - 58
- Dark meat, roasted - 79
- White meat, roasted - 43

Duck

- Duck, meat only - 64

Hog Dogs

- Varies by brand - 600-800

Lamb

- Leg - 50
- Loin - 49

- Rib - 47

- Shoulder - 55

Pork

- Bacon - 621
- Blade - 60
- Canadian bacon - 1,197
- Ham, cured, canned - 837
- Ham, fresh, lean part only - 61
- Leg - 47
- Loin - 54
- Sirloin - 37
- Spareribs - 65
- Tenderloin - 42

Quail - 43

Rabbit - 37

Sausage

- Varies by brand - 600-900

Squab - 43

Turkey, meat only

- Breast - 51
- Dark meat, roasted - 67
- White meat, roasted - 54

MEATS & POULTRY (Continued)

Veal

- Breast - 55
- Chuck - 58
- Flank - 49

- Loin - 57
- Round - 58

Venison - 77

NUTS, UNSALTED (1/4 Cup) (sodium content in mg.)

- Almonds, raw - 4
- Brazil nuts, raw - 1
- Cashews, dry roasted - 6
- Coconut, dried - 4
- Hazelnuts, raw - 1
- Macadamia, dry roasted - 2
- Peanuts, dry roasted - 6
- Pecans, raw - negligible
- Pine nuts, raw - 2
- Pistachio, dry roasted - 2
- Walnuts, raw - negligible

SALADS (sodium content in mg.)

Salad Dressings (2 tablespoons)

- Blue Cheese - 328
- Buttermilk, mix - 250
- Caesar - 290
- Caesar, fat free - 330
- French - 438
- French, low fat - 252
- Italian - 231
- Italian, low fat - 236
- Italian, mix - 300
- Italian, zesty - 510
- Ranch - 287
- Ranch, fat free - 350
- Ranch, lite - 300
- Ranch, mix - 210
- Roquefort - 328
- Russian - 260
- Thousand Island - 224
- Thousand Island, low-fat - 300
- Vinegar & Oil - 0

Toppings

- Bacon bits, 1 tablespoon - 220
- Croutons, plain, 0.5 oz - 100
- Croutons, seasoned, 0.5 oz - 175

SAUCES (sodium content in mg.)

Gravy

- Au Jus, canned, ¼ cup - 30
- Au Jus, mix, 1 tsp. - 348
- Beef gravy, canned, ¼ cup - 326
- Brown gravy, mix, ¼ cup - 291
- Chicken gravy, canned, ¼ cup - 343
- Chicken gravy, mix, ¼ cup - 332
- Mushroom gravy, canned, ¼ cup - 340
- Mushroom gravy, mix, ¼ cup - 350
- Onion gravy, mix, ¼ cup - 251
- Turkey gravy, canned, ¼ cup - 344
- Turkey gravy, mix, ¼ cup - 307

Pasta Sauces

- Alfredo, ½ cup - 1,080
- Cheese, ½ cup - 650
- Marinara, ready to eat, ½ cup - 515
- Pesto, basil, ¼ cup - 730
- Pesto, sun dried tomato, ¼ cup - 710
- Spaghetti sauce, mix, ½ cup - 848

Other Sauces

- Barbecue, grilling, 2 tablespoon - 416
- Bean, 1 tablespoon - 475
- Cheese, ready to serve, ¼ cup - 522
- Cheese, mix, ¼ cup - 897

- Chili/garlic sauce, 1 tsp. - 155
- Clam, red, ½ cup - 510
- Cocktail, 1 tablespoon - 210
- Curry, 2 tablespoons - 144
- Chili/garlic sauce, 1 tsp. - 155
- Clam, red, ½ cup - 510
- Cocktail, 1 tablespoon - 210
- Curry, 2 tablespoons - 144
- Oyster, 1 tablespoon - 675
- Peanut, 1 tablespoon - 675
- Pizza, ready to eat, ¼ cup - 410
- Plum, 1 tablespoon - 140
- Salsa, 2 tablespoons - 139
- Sloppy Joe, canned, ¼ cup - 360
- Soy sauce, 1 tablespoon - 914
- Soy sauce, light, 1 tablespoon - 660
- Steak, 1 tablespoon - 262
- Stir-fry, 1 tablespoon - 570
- Sweet & sour, 1 tablespoon - 130
- Tartar, 1 tablespoon - 130
- Teriyaki, 1 tablespoon - 260
- Teriyaki, light, 1 tablespoon - 260
- Worcestershire, 1 tsp. - 55

SNACKS (sodium content in mg.)

- Beef jerky, 1 large piece - 438
- Chex mix, 2/3 cup - 288
- Corn-based, extruded, chips, plain, 1oz - 179
- Corn-based, extruded, chips, BBQ 1oz - 216
- Corn-based, puff or twists, cheese 1 oz - 298
- Fruit leather rolls - 67
- Popcorn, air popped, 1 cup - 0
- Popcorn, oil popped, 1 cup - 97
- Pork skins, plain, 1 oz - 521

SOUPS, STEWS & CHILI (sodium content in mg.)

Bouillon & Broth (1 cup)

- Beef bouillon - 864
- Beef broth - 782
- Chicken bouillon - 1,152
- Chicken broth - 763
- Chicken broth, reduced sodium - 450
- Vegetable broth - 980

Chili (1 cup)

- Chili mix - 460
- Chili with beans - 1,337
- Chili without beans - 1,150

Soup (1 cup)

- Beef stew - 1,250
- Black bean - 1,198
- Chicken noodle - 1,160

- Chicken with rice - 815
- Chicken gumbo - 954
- Clam chowder, Manhattan - 578
- Clam chowder, New England - 992
- Cream of celery - 949
- Cream of chicken - 986
- Cream of mushroom - 918
- Cream of potato - 1,000
- Minestrone - 864
- Onion - 1,053
- Oyster stew - 1,041
- Split pea with ham - 965
- Tomato - 744
- Vegetable - 791

VEGETABLES, CANNED (sodium content in mg.)

Artichoke (1/2 cup)

- Artichoke hearts - 420
- Artichoke hearts, marinated - 320

Asparagus (1/2 cup) - 346

Beans & Legumes (1/2 cup)

- Baked beans - 504
- Black beans - 480
- Butter beans - 405
- Cannellini (white beans) - 270
- Chickpeas (garbanzo beans) - 359
- Great Northern beans - 300
- Green beans - 311
- Kidney beans (red beans) - 444
- Lentils - 236
- Lima beans - 405
- Navy beans - 587
- Pinto beans - 353
- Soybeans - 204
- Wax beans - 360

Beets (1/2 cup) - 310

Carrots (1/2 cup) - 300

Corn (1/2 cup)

- Whole kernel corn - 273
- Whole kernel corn, 50% less sodium - 176

Green Beans (1/2 cup)

- Green beans - 311
- Green beans, 50% less sodium - 176

Peas & carrots (1/2 cup) - 332

Mushrooms (1/2 cup) - 400

Peas (1/2 cup) - 310

Potatoes (2/3 cup) - 450

Pumpkin (1/2 cup) - 6

Sauerkraut (1/2 cup) - 661

Spinach (1/2 cup) - 373

Sweet potato (1/2 cup) - 53

Yam - 30

VEGETABLES, CANNED (Continued)

Tomatoes

- Chopped, ½ cup - 290
- Chopped, with spices, ½ cup - 600
- Crushed, ½ cup - 304
- Diced, ½ cup - 290
- Diced with spices, ½ cup - 600
- Puree, ¼ cup - 249

- Paste, 2 tablespoons - 259
- Sauce, ¼ cup - 371
- Stewed, ½ cup - 282
- Whole, ½ cup - 270

Zucchini, Italian style - 427

VEGETABLES, DRIED (1/2 cup cooked) (sodium content in mg.)

- Kidney beans - 2
- Lentils - 13
- Lima beans - 3
- Navy beans - 1
- Split peas - 12

VEGETABLES, FRESH (1/2 cup raw) (sodium content in mg.)

- Acorn squash - 2
- Alfalfa sprouts - 1
- Artichoke, 1 medium, steamed - 79
- Asparagus - 1
- Bamboo shoots - 10
- Bean sprouts - 20
- Beans, green - 3
- Beets - 49
- Bell peppers - 2
- Broccoli - 12
- Brussels sprouts - 11
- Butternut squash - 3
- Cabbage - 14
- Cauliflower - 8
- Celery - 54
- Chilies - 5
- Chives - 2
- Chow Mein vegetables - 422
- Corn - 12
- Cucumbers - 1
- Eggplant - 2
- Garlic, 1 clove - 1
- Ginger - 6
- Hubbard squash - 4
- Leeks - 11
- Lettuce - 2
- Mushrooms - 1
- Onions - 2
- Parsley - 12
- Parsnips - 7
- Peas, edible pod - 4
- Peas, green - 3
- Potatoes, medium, baked - 16
- Pumpkins - 1
- Radishes - 14
- Shallots - 10
- Spaghetti squash - 9
- Spinach - 22
- Squash, summer - 1
- Squash, winter - 2
- Sweet potatoes - 9
- Tomatoes - 4
- Turnips - 44
- Water chestnuts - 8

Low Sodium Recipe Starter Kit



angel biscuits

MAKES APPROX. 10 BISCUITS

- 1 pkg. yeast - (0 mg sodium)
- 2 c. flour - (6 mg sodium)
- 2 tbsp. sugar - (0 mg sodium)
- ½ c. buttermilk - (80 mg sodium)
- ¼ c. lukewarm water - (0 mg sodium)
- 3 tbsp. shortening or canola oil
(see directions) - (0mg)
- 3 tbsp. Featherweight Baking Powder*
(can purchase at Whole Foods & on
www.healthyheartmarket.com) - (0mg)

* This is a no-sodium substitute for baking powder.

Directions

Soften yeast in warm water and set aside. Sift dry ingredients together. Cut shortening or mix canola oil into dry ingredients. Add milk and yeast mixture. Stir until well blended. Store in the refrigerator for 1 hour. Roll out and cut biscuits ½" thick, 2" wide. Let rise for 1 hour. Bake at 425 degrees for 10 minutes.

Nutrition

Each biscuit contains approximately 8.6 mg sodium

baking powder cornbread

MAKES 12 SERVINGS

- 1 cup yellow cornmeal
- 1 cup bread flour
- ¼ cup granulated sugar
- 1 tablespoon Featherweight Baking Powder* (can purchase at Whole Foods & on www.healthyheartmarket.com)
- ¼ cup unsalted applesauce
- 1 egg, lightly beaten
- 1 cup nonfat milk
- 2 tablespoons diced jalapeno peppers (optional)

* This is a no-sodium substitute for baking powder.

Directions

Preheat oven to 400 degrees. Combine cornmeal, flour, sugar, & baking powder in a medium bowl. Combine applesauce, egg, & milk in another bowl. Mix well. Add wet mixture to dry mixture & stir until blended. Pour batter into a greased 8 inch square pan. Bake at 400 degrees for 25 minutes, or until wooden pick inserted into center comes out clean.

Nutrition

Sodium: 17 mg per serving

Calories: 114 per serving

Carbohydrates: 24 g per serving

low sodium chili

MAKES 8 SERVINGS

- 1 pound lean ground beef
- 1 can no-salt-added pinto beans
- 1 can no-salt-added kidney beans
- 1 can low-sodium crushed tomatoes
- 1 can low-sodium tomato puree
- 4 teaspoons oregano
- 4 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons Tabasco sauce
- ¼ teaspoon salt
- 1 ½ teaspoons black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons minced garlic
- 1 ½ cups chopped onions
- 1 ½ cups chopped green peppers

(May substitute Williams No Sodium
Chili Seasoning for above spices)

Directions

Brown ground beef and drain fat. Brown peppers, garlic and onion. Mix all ingredients in crock pot. Let cook on low heat for 4-8 hours.

Nutrition

Sodium: 128 mg per serving

Calories: 148 per serving

Carbohydrates: 36 mg per serving



mexican seasoning

MAKES 8 SERVINGS

SERVING SIZE: 3/4 TEASPOON

- 2 teaspoons chili powder
- 1 ½ teaspoons paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

Directions

Mix spices together in small bowl. Use to season meat for tacos. Store unused portion in sealed container. One recipe makes enough for one pound of meat.

Nutrition

Sodium: 10 mg per serving

Calories: 8 per serving

Carbohydrates: 2 g per serving

soft tacos with mexican seasoning

MAKES 8 SERVINGS

SERVING SIZE: 2

- 1 recipe of Mexican Seasoning (see above)
- 1 pound ground beef, browned & drained
- ½ cup low sodium tomato sauce
- 14 six-inch corn tortillas, warm (corn tortillas have 11 mg sodium, flour tortillas have 190 mg)
- 5 tablespoons shredded cheddar cheese
- 5 tablespoons chopped onion
- 5 tablespoons sour cream
- 1 cup shredded lettuce

Directions

Make Mexican Seasoning. Brown & drain ground beef. Add seasoning mixture & low sodium tomato sauce. Heat over medium heat. Assemble soft tacos- Take 1 corn tortilla add 2 Tbsp. seasoned ground beef, 1 teaspoon cheese, 1 teaspoon onion, 1 teaspoon sour cream, & lettuce as desired.

Nutrition

Sodium: 119 mg per serving

Calories: 314 per serving

Carbohydrates: 32 g per serving

mock sausage

MAKES 8 SERVINGS

SERVING SIZE: 1 ½ OZ COOKED PATTY

- 1 pound ground pork
- 2 teaspoons ground sage
- 2 teaspoons sugar or sugar substitute
- 1 teaspoon dried, crushed basil
- 1 ½ teaspoons black pepper
- ¼ teaspoon ground red pepper
(add more for hot sausage)

Directions

Mix all ingredients together in a large bowl. Divide into 8 equal portions & form into individual patties. Cook or freeze for later use.

Nutrition

Sodium: 31 mg per serving

Calories: 133 per serving

Carbohydrates: 2 g per serving

old-fashioned chicken noodle soup

MAKES 6 SERVINGS

- 6 cups Kitchen Basics (or other brand) Unsalted Chicken Stock (150mg sodium/cup)
- ½ medium onion, thinly sliced
- 1 small carrot, thin sliced
- 2 stalks celery, thin sliced
- 2 sprigs fresh thyme
- 2 sprigs flat leaf parsley
- ½ cup water
- 1/3 lb. wide egg noodles
- 2 cups shredded cooked chicken
- 1 tablespoon minced parsley leaves for garnish
- Freshly ground black pepper

Directions

Put onion, carrot, celery, thyme, parsley, stock, & water in medium pot. Bring to a simmer over medium high heat until vegetables are almost tender (about 5 min). Add noodles & cook until tender (5-8 minutes). Add chicken & warm through. Garnish with parsley.

Nutrition

Sodium: 206 mg per serving

Calories: 208 per serving

Carbohydrates: 19 g per serving

"healthified" ranch dressing

MAKES 12 SERVINGS

SERVING SIZE: 2 TABLESPOONS

- ½ cup Fat Free plain yogurt
 - ¼ cup reduced fat mayonnaise
 - ¾ cup buttermilk
 - 1 tablespoon chopped fresh chives
 - 2 teaspoons chopped fresh parsley
 - ¾ teaspoon garlic powder
 - 1/8 teaspoon pepper
-

Directions

Mix ingredients in small bowl then cover & refrigerate for 1 hour to blend flavors. May store up to 2 days in refrigerator.

Nutrition

Sodium: 85 mg per serving

Calories: 30 per serving

Carbohydrates: 2 g per serving

vinaigrette dressing

- 1 part vinegar to 3 or 4 parts oil
- (try balsamic vinegar & olive oil)
- Freshly ground black pepper to taste

Directions

Whisk in bowl until creamy. Pour over fresh tomatoes & fresh basil or use as a salad dressing – Instead of bottled Ranch!

