

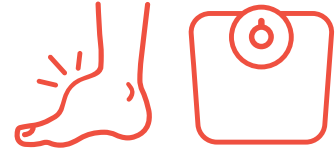
# Sodium Attracts Water



Eating high sodium foods...



attracts excess water...



causes swelling & weight gain

Look at serving size and how many servings

<b>Nutrition Facts</b>	
Serving Size 3 oz. (85g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 15g	<b>20 %</b>
Saturated Fat 5g	<b>28 %</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 650mg	<b>28 %</b>
<b>Total Carbohydrate</b> 30g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 5%	Vitamin C 2%
Calcium 15%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300mg 375mg
Dietary Fiber	25g 30g

- RULES OF TWO:**
- Daily Goal for sodium intake is 2000 mg or about 100 mg/per serving
  - Drink 64 ounces of fluids per day
  - Report more than 2 pounds of weight gain in a 24 hour period or 5 pounds in one week.

## □ What is Heart Failure?

- Weakness of the heart muscle
- Other common names: Congestive Heart Failure, Water on the Lungs
- Chronic condition that requires lifelong treatment

## □ Common Symptoms

- Weakness of the heart muscle
- Hard time breathing
- Feeling weak and tired
- Swollen ankles, legs and/or belly (edema)
- Weight gain (water weight)

## □ Symptoms to Report (Worse than Normal)

*“Heart Failure Action Plan” (Stop Light) - hang on refrigerator at home*

- Weight gain (2 or more pounds in 1 day or 5 pounds in 5 days)
- Needing to sleep on extra pillows (or sitting in a chair) to breathe easily
- Harder time breathing than normal
- Chest pain (angina, heaviness, discomfort)
- More coughing than usual
- Swelling in the hands, ankles, feet or belly
- A very slow or fast pulse (heart rate)
- Unexplained side effects after taking medicine

## □ Weight Monitoring

- Weigh yourself every day and write it down
- Weigh at the same time every day, preferably as soon as you wake up
- Wear the same amount of clothing

## □ Fluid Restriction

- Drink less than 2 Liters fluid per day (64 ounces or about 8 - 8 ounce glasses/day)

## □ Nutrition Instruction (Diet)

- Limit sodium (salt) to less than 2 grams per day. Remove the salt shaker, use herbs and other seasonings instead
- Check the sodium (salt) content of food - Read Nutrition Labels
- Eat fresh fruits and vegetables (instead of canned)
- Eat fresh fish, poultry and meat (instead of canned or processed meats)
- Snack on fresh fruits and vegetables (instead of chips and pretzels)
- Avoid salted crackers, frozen dinners and fast food

## □ Medications

- Know your medications and what they are for. Take them as prescribed.

## □ Activity Instructions

- Walking is best: Start slowly. Small frequent walks at first, then walk for longer periods of time.
- Rest for 30-60 minutes after meals before activity
- Avoid being outside when weather is very hot or very cold
- Always walk with someone for safety