

## Nutritional Management of CHF

### What is CHF?

- CHF stands for Congestive Heart Failure. This is when the heart does not pump blood as well as it should. This can make it harder for you to breathe, increase blood pressure or cause swelling.

### Why is diet important?

- Eating too much sodium or drinking too much fluid can make your body hold too much water. This can make your heart work harder and could worsen CHF.
- Sodium intake should be limited to no more than **2,000 mg per day**.

### Foods high in sodium:

- Salt, canned foods, frozen dinner entrees, snack foods, packaged foods, baking mixes, soups, condiments, sauces/gravies

HIGH sodium (more than 300mg per serving)	LOWER sodium (less than 140 mg per serving)
Bacon (2 slices = 300 mg)	Corn, bran, wheat cereal (1/2 cup = 100-140 mg)
Barbeque sauce (2 Tablespoons = 350 mg)	Oatmeal (1/2 cup = 5 mg)
Ketchup (2 Tablespoons = 335 mg)	Egg (1 large = 70 mg)
American Cheese (1 slice = 400 mg)	Fresh Fish (3 oz = 60-100 mg)
Canned salmon or sardines (3 oz = 470 mg)	Chicken breast, skinless (3 oz = 65 mg)
Salt (1 teaspoon = 2,300 mg)	Beef, ground (3 oz = 60 mg)
Pretzels , tiny twists (14 twists = 300 mg)	Fresh Uncured Pork (3 oz = 75 mg)
Potato chips (21 chips = 300 mg)	Milk, all types (1 cup = 100 mg)
Salad Dressing (2 Tablespoons = 485 mg)	Peanut butter (1 Tablespoon = 75 mg)
Canned sauerkraut (1/2 cup = 780 mg)	Fresh or dried beans (1/2 cup = 2 mg)
Tomato juice (1/2 cup = 325 mg)	Fresh or Frozen Vegetables (1/2 cup = 5-15 mg)
Tomato sauce ( 1/2 cup = 510 mg)	Mustard (1 teaspoon = 55 mg)
Soy sauce ( 1 Tablespoon = 900 mg)	Margarine (1 Tablespoon = 135 mg)
Hot dog, frankfurter (1 piece = 510 mg)	Butter ( 1 Tablespoon = 80 mg)
Lobster, Crab (3 oz = 300-325 mg)	White, brown, wild Rice (1/2 cup = 5 mg)
Canned beans (1/2 cup = 350 - 380 mg)	Fruit (1/2 cup or 1 piece = 0 mg)

**Reading food labels:**

- It is important to read the food label to know how much sodium is in your food.
- **FIRST:** Check the **Serving Size**
- **SECOND:** Look at the **mg of sodium**
  - If 300 mg or more = This food is high in sodium. Limit or avoid.
  - If 140-300mg = This food is moderate in sodium. This may fit into your day.
  - If 140 mg or less = This food is lower in sodium. Try to choose this more often.
  - If % Daily Value is 5% or less for sodium = Low sodium food.

Example 1:

<b>Nutrition Facts</b>			
Serving Size 1 cup (85g) (3 oz.)			
Servings per container 2.5			
Amount per serving			
Calories 45		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	55 mg		2%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		12%
Sugars	5g		
Protein	1g		
Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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	Less than	300mg	375mg
Dietary Fiber	Less than	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Carrots.

Example 2:

<b>Nutrition Facts</b>			
Serving Size 1 cup			
Servings Per Container 9			
Amount Per Serving			
Calories 110		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0.5g		
Cholesterol	0 mg		0%
Potassium	95mg		3%
Sodium	280 mg		12%
Total Carbohydrate	22g		7%
Dietary Fiber	3g		11%
Soluble Fiber	1g		
Insoluble Fiber	2g		
Sugars	1g		
Protein	3g		
Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your 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		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Fluid Restriction:**

- Limiting fluids may be recommended to help keep extra fluid off of your body.
- Amount of restriction:
  - 2 L = 2000 ml = 8 ½ cups
  - 1.5 L = 1500ml = 6 ½ cups
  - 1 L = 1000 ml = 4 cups
- Fluids are considered to be any item that is liquid at room temperature including:

<b>Item</b>	<b>Standard Serving</b>	<b>Milliliter (ml) per Serving</b>
Carbonated beverage	1 can (12 oz.)	360
Soup, broth	1 cup (8 oz.)	240
Coffee	1 mug (10-12 oz.)	300-360
Tea	1 tea cup (6 oz.)	180
Cream	½ oz. creamer or 1 Tbsp.	15
Milk / Frappe / Milkshake	Small glass (4 oz.) Large glass (8 oz.)	120 240
Gelatin	½ cup (4 oz.)	120
Ice cream / sherbet	½ cup (4 oz.)	120
Popsicle	1 stick	55
Yogurt	1 cup (8 oz.)	240
Nutrition Supplement (Ensure)	1 bottle (8 oz.)	240
Ice Tea, carton	1 carton (8 oz.)	240
Juice	1 container (4 oz.)	120

**Monitoring Weight:**

- Weight gain may indicate that you have extra fluid on your body.
- If you weigh yourself at the same time each day you will notice if you have any weight gain. Weigh yourself in the morning after using the restroom. A change of 2-3 pounds over one day is a concern; call your doctor.
- Try to keep a weight diary. These records will be important for you and your doctor.

**Dietitian:** \_\_\_\_\_

**For more information, please contact the Johns Hopkins Bayview Medical Center's Clinical Nutrition Department at 410-550-1549.**

**To schedule an outpatient nutrition appointment with a dietitian, call 410-550-7728.**