

Taking steps to manage heart failure



Learn about heart failure and how to help yourself

The term *heart failure* may sound scary. It does not mean your heart has stopped working. It means your heart does not pump as well as it used to. Heart failure can be serious. But it also can be managed by following your treatment plan. Your plan may include:

- Changing your diet, such as eating less salt and drinking less fluid (for example, water, soda, or alcohol)
- Weighing yourself every morning to help you know if you have extra fluid in your body
- Being active, such as walking for at least 30 minutes on all or most days (after talking with your doctor)
- Taking medicines as your doctor tells you
- Knowing which symptoms to watch for (for example, shortness of breath and leg swelling)



It is important to follow all of the parts of your treatment plan. They all work together to keep your heart as strong as possible and help keep you out of the hospital.

Talk to your doctor about how to manage your heart failure.

Be more active... for heart health!



Make activity a heart-healthy habit

If you have or are at risk for heart disease, you may need to be more active. Physical activity may help you keep from getting heart disease, delay its onset, or even improve your condition. But before starting an exercise program, talk to your doctor about what level of activity is right for you.

For many people, your goal should be 30 minutes of moderate-intensity exercise on most or all days. Getting into this heart-healthy habit may be easier than you think! You can:

- Walk a mile in 15 minutes
- Ride a bicycle
- Play tennis
- Take exercise classes
- Do housework or yard work

Work up to your goal

After you and your doctor agree what level of exercise is right for you:

- Start with 10 minutes a day, 3 days a week.
- Slowly increase to at least 30 minutes every day.
- If you cannot get 30 minutes all at once, break your activity into smaller time periods.
- Set aside time to be active.
- Choose an activity you enjoy, and keep doing it.

Think of ways to be more active

If you often...

Read a magazine during your lunch break

Search for the closest parking space

Take the elevator

Sit at the kitchen table and talk with a friend

Watch TV from your chair or couch

Try this instead...

Take a walk

Choose a parking space far away from the entrance

Take the stairs

Take a walk with your friend

Ride a stationary bike or walk in place

You may want to track your progress to see how well you are doing. This may help you stay with your program.

This information is not meant to replace your doctor's advice.
Be sure to talk with your doctor about what activities are safe for you.
Ask about healthy eating and other heart-healthy changes you can make.

Eat healthy... Eat vegetables, fruits, and whole-grain foods



Vegetables, fruits, and whole-grain foods are heart-healthy because they are low in calories and have lots of fiber. Add more fiber to your diet by eating:

	Servings	Sample serving sizes (USFDA MyPyramid, 2000 calories a day)
Whole Grains	6 ounces	1 slice bread; 1 cup ready-to-eat cereal; 1/2 cup cooked brown rice, cooked cereal, or wheat pasta
Vegetables	2 1/2 cups	2 cups raw leafy vegetables; 1 cup cut-up raw or cooked vegetables; 1 cup vegetable juice
Fruits	2 cups	1 cup fresh, frozen, or canned fruit; 1/2 cup dried fruit; 1 cup 100% fruit juice

Make smart choices for your meals

- Choose whole-grain foods made of whole wheat, oats, oatmeal, rye, barley, or corn.
Try brown rice, wild rice, buckwheat, or cracked wheat
- Choose fresh or frozen vegetables and fruits without high-calorie sauces and added salt and sugars
- Choose fruits, vegetables, or popcorn for snacks instead of junk food like chips, cookies, or doughnuts

Try this simple pasta recipe

Makes six 3/4-cup servings*

Ingredients:

Olive oil – 2 tablespoons
 Small chopped onions – 2
 Chopped garlic – 3 cloves
 Sliced zucchini – 1 1/4 cup
 Dried oregano – 1 tablespoon
 Dried basil – 1 tablespoon
 No-salt-added tomato sauce – 1 8-ounce can
 No-salt-added tomato paste – 1 6-ounce can
 Chopped medium fresh tomatoes – 2
 Water – 1 cup

Instructions:

- Heat oil in medium skillet
- Sauté onions, garlic, and zucchini for 5 minutes, medium heat
- Add other ingredients, cover, and simmer 45 minutes
- Serve over whole-wheat spaghetti or other pasta

Nutritional information per serving*:

102 calories
 5 grams total fat
 1 gram saturated fat
 0 mg cholesterol
 260 mg sodium
 5 grams total fiber
 3 grams protein
 14 grams carbohydrates
 623 mg potassium

Find more heart-healthy recipes in special cookbooks or Web sites like:

- ✓ American Heart Association at www.americanheart.org
- ✓ American Diabetes Association at www.diabetes.org
- ✓ National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov

*Sauce only, not including pasta

This material was developed by GlaxoSmithKline.



Food labels...an easy way to know which foods are heart healthy

Almost all packaged foods have a food label called Nutrition Facts. Knowing how to read these food labels can help you:

- Make healthier food choices
- Know how much you can eat
- Control your weight

Here is a sample food label:

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Serving Size

- This tells you the size of 1 serving, not the whole package
- Learn to “see” what a serving size looks like, for example:

<u>This amount of food...</u>	<u>is about the size of...</u>
1 cup of whole grain cereal	a fist
3 ounces of meat	a deck of cards
1 cup of whole wheat pasta	a tennis ball
1/2 cup cooked brown rice	a baseball

Servings per Container

- This tells you how many servings are in the package
- *Be careful* — most packages have more than 1 serving

Check Calories

- This tells you how many calories are in 1 serving, not the whole package

Limit These Nutrients to Help Protect Your Heart

- Total Fat, Cholesterol, and Sodium

Get Enough of These Nutrients for Better Health

- Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron

Talk with your doctor or dietitian about your food plan. Working together will help you create a plan that you can follow every day.

Healthy eating with less salt



How much salt (sodium) should you have each day?

- Most people should have less than 2300 mg (about 1 teaspoon)
- People who have heart failure should have no more than 2000 mg

Learn to cook using less salt

You can lower the amount of salt you eat if you:

- Compare food labels and choose the one with the least amount of salt (sodium)
- Choose low-salt or no-salt options for sauces and seasonings
- Eat fewer processed meats that are high in salt such as hot dogs and many lunch meats
- Do not cook using salt, bouillon cubes, or meat tenderizers
- Season food with lemon juice, vinegar, and herbs
- Rinse and drain canned foods before use
- Use fresh fruits and vegetables whenever possible
- Taste your food before adding salt

Try this low-salt meat loaf recipe

Makes six 1¹/₄"-thick slices

Ingredients:

Extra-lean ground beef – 1 pound
 4 ounces of tomato paste – 1/2 cup
 Chopped onions – 1/2 cup
 Green peppers – 1/2 cup
 Fresh, blanched, chopped tomatoes – 1 cup
 Low-salt mustard – 1/2 teaspoon (tsp)
 Ground black pepper – 1/2 tsp
 Chopped garlic – 2 cloves
 Chopped scallion – 2 stalks
 Ground ginger – 1/2 tsp
 Ground nutmeg – 1/8 tsp
 Grated orange rind – 1 tsp
 Crushed thyme – 1/2 tsp
 Finely grated bread crumbs – 1/2 cup

Instructions:

- Mix everything together
- Put in 1-pound loaf pan (drip rack is preferred)
- Bake covered for 50 minutes at 350° F
- Uncover and bake for 12 more minutes

Nutritional information per serving:

193 calories
 9 grams total fat
 3 grams saturated fat
 45 mg cholesterol
 91 mg sodium
 2 grams total fiber
 17 grams protein
 11 grams carbohydrates
 513 mg potassium

Find more heart-healthy recipes in special cookbooks or Web sites like:

- ✓ American Heart Association at www.americanheart.org
- ✓ American Diabetes Association at www.diabetes.org
- ✓ National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov

Heart-healthy habits



Your family can help

Making changes to your daily life can help your heart. Sticking to these changes may be easier with the help and support of your family.

Here are some changes that you and your family can make together. Talk with your family about these changes. Then mark the ones you think you want to try.

Eat healthy foods

- Make a heart-healthy grocery list together before you shop (for example, list fresh fruits and vegetables)
- Share a main course when you eat out
- Ask for fruits or flowers for special occasions instead of sweets or alcohol
- Other ideas:



Be active

- Go for a family walk after dinner
- Ask a family member to take an exercise class with you
- Take the stairs instead of the elevator
- Other ideas:

Be sure to check with your doctor before starting an exercise program.



Talk with your family

- Bring a family member with you to your doctor visits. He or she can help ask questions and take notes
- Let a family member know what medicines you are taking and at what time. Also, discuss how your doctor told you to take them
- Write down your goals to eat better and become more active. Share them with your family
- Other ideas:



Healthy changes can be good for everyone!

Talk to your doctor about making heart-healthy changes in your daily life.