

Chapter 3: Sodium (Salt) and Diet

Good Nutrition Can Help Your Heart Failure

Your food choices are important. How? A diet low in sodium (salt) can improve your heart health.

When you eat foods that have a lot of sodium, your body holds, or retains, more water. The extra water in your body causes your heart to work harder to pump blood throughout your body.

This extra sodium can cause swelling in your body or make you feel short of breath.

You will have fewer heart failure symptoms and you will feel better if you:

- Limit the amount of sodium you eat to keep from retaining extra fluids.
- Maintain a good weight for you.
- Eat healthful, well-balanced meals.
- Talk with your health care provider about the use of caffeine and alcohol.

Why You Need To Control Sodium (Salt)

Eating a healthful diet is an important part of managing heart failure. When you eat foods low in sodium, your heart won't have to work as hard to pump blood.

One teaspoon of salt contains 2,400 milligrams (mg) of sodium. Limit sodium to 1,500 to 2,000 milligrams (mg) each day.

If you take medicine for high blood pressure, a low-sodium diet may help the medicine to work better.

How to deal with salt cravings

A craving for salt is not your body's way of telling you that you are low on salt. It is a learned response. The craving for salt is learned so it can be unlearned.

Tip

“Reduced” sodium means 25 percent less sodium than the original product and may not actually be low in sodium.

For example, regular Butterball® chicken broth has 980 mg of sodium in one cup. Reduced-sodium Butterball chicken broth has 620 mg of sodium in one cup. This amount is still too much sodium for one serving.

Did You Know?

Within 1 to 3 months of limiting salt, cravings will lessen and even disappear.

Ways to reduce sodium in your diet

- **Remove the salt shaker.** Do not have it in the kitchen when you cook or on the table when you eat.
- **Beware of commercially prepared salt substitutes.**
 - Most salt substitutes are made of potassium chloride.
 - Your health care provider must OK the use of a salt substitute because it can interfere with the action of some medicines or medical conditions.
 - Using a salt substitute does not allow you to wean yourself from the craving for salt.
- **Eliminate salt in your cooking.**
- **Eliminate obviously salty foods.** These include:
 - flavored or seasoned salts
 - pickles
 - olives and sauerkraut packaged in salt brine
 - processed or cured meats such as ham, sausage, deli meats, hot dogs and jerky
 - canned soups
 - salted snacks.
- **Try new seasonings.**
 - Herbs and spices do not contain sodium.
 - Check labels to make sure they do not contain salt or sodium.
 - You may use flavored vinegar, sherry, wine and lemon juice for flavoring.
- **Learn to read food labels.**
 - Figure out one serving size.
 - Compare one serving size to the amount you eat.
 - Figure out how much sodium the product contains for your serving size.
 - Low sodium is 140 mg or fewer per serving. Beware of 400 to 600 mg (or more) of sodium per serving.
 - Beware of ingredients that contain sodium such as monosodium glutamate (MSG), sodium nitrate, sodium benzoate and sodium bicarbonate.

Sodium Tips

- Be aware, that foods labeled “heart healthy” may not be low in sodium. Always check the nutrition label.
- Limit sodium to 1,500 to 2,000 milligrams (mg) each day.
- A good amount of sodium per serving is 140 mg or less.
- Limit only one food a day with more than 400 mg of sodium per serving.

- **Consider smaller portions to keep meal sodium amounts to less than 600 mg.**

- **Make a spice blend recipe.** OK, so you’re ready to throw out the salt — but save the shaker! Fill it with this spice blend and use it on home-cooked meals:

- 4 tablespoons dry mustard
- 1 tablespoons garlic powder
- 4 tablespoons onion powder
- 2 tablespoons white pepper
- 1 tablespoon thyme
- 1 teaspoon basil
- 4 tablespoons paprika.

Combine the spices and blend them well. Put a small amount of rice in the bottom of your shaker to allow the spice blend to flow easily. Fill the shaker with the spice blend, using a funnel. Label and store.

- **Make an herb blend recipe.**

This blend of herbs and spices is good on meats and vegetables.

- 1 teaspoon each:
 - dried basil
 - dried marjoram
 - thyme
 - dried oregano
 - dried parsley
 - ground cloves
 - ground mace
 - black pepper
 - dried savory
- ¼ teaspoon each:
 - ground nutmeg
 - cayenne.

Vary the amounts to suit your taste. Fill the shaker with the spice blend, using a funnel. Label and store.

Herb and spice suggestions

Try these flavor ideas for meats and vegetables:

- **beef:** bay leaf, curry, dry mustard, sage, marjoram, mushrooms, nutmeg, onion, pepper, thyme
- **lamb:** curry, garlic, mint, pineapple, rosemary
- **pork:** apples, applesauce, garlic, onion, sage, peaches
- **veal:** apricots, bay leaf, curry, ginger, marjoram, oregano
- **fish:** bay leaf, lemon juice, marjoram, mushrooms, paprika
- **chicken:** cranberries, paprika, thyme, sage
- **asparagus:** lemon juice
- **corn:** green pepper, tomato
- **green beans:** marjoram, lemon juice, nutmeg, dillweed, unsalted french dressing
- **peas:** onion, mint, mushrooms, green pepper
- **potatoes:** onion, mace, green pepper
- **squash:** ginger, mace, onion, cinnamon
- **tomatoes:** basil, marjoram, onion.

A guide to choosing low-sodium foods

Use the charts on the next 2 pages to plan your meals and snacks.

Food Group	Use	Limit (2 to 3 times a week)	Avoid
milk products	<ul style="list-style-type: none"> ■ yogurt ■ low-sodium cheese ■ dried or fluid milk 	<ul style="list-style-type: none"> ■ cottage cheese ■ natural cheese (cheddar, colby, etc.) ■ instant mixes with more than 200 mg of sodium per serving 	<ul style="list-style-type: none"> ■ processed cheese (American) ■ cheese spreads ■ buttermilk
meat	<ul style="list-style-type: none"> ■ fresh or frozen fish, poultry, beef, pork, lamb, veal ■ low-sodium tuna ■ low-sodium bacon ■ eggs 	<ul style="list-style-type: none"> ■ reduced-sodium processed meats and cheeses 	<ul style="list-style-type: none"> ■ canned meat and fish ■ sausage ■ pickled herring ■ ham, bacon, cold cuts ■ corned or dried beef ■ beef jerky ■ anchovies, herring, kosher meats ■ sardines ■ luncheon meats, frankfurters, bratwurst ■ smoked/cured meats
vegetables and fruits	<ul style="list-style-type: none"> ■ fresh or frozen unsalted vegetables ■ canned vegetables or tomato products with no added salt ■ dried beans, peas, lentils ■ all fruits ■ low-sodium canned vegetables 		<ul style="list-style-type: none"> ■ sauerkraut ■ vegetables or potatoes with sauces or seasoning mixes ■ pickled vegetables ■ olives ■ canned tomato products or juice ■ vegetables canned with salt
grains	<ul style="list-style-type: none"> ■ graham crackers ■ saltines with unsalted tops ■ Melba toast, rolls, unsalted bread sticks ■ homemade pancakes and waffles (no salt added) ■ potatoes, rice, pasta ■ breads and cereals with less than 180 mg of sodium per serving ■ unsalted pretzels or popcorn ■ low-sodium chips and crackers ■ potatoes, rice or noodles made without salt 	<ul style="list-style-type: none"> ■ baking powder biscuits ■ English muffins ■ bran cereals 	<ul style="list-style-type: none"> ■ mixes: stuffing, rice, pancakes, biscuits, casseroles, potato and noodle ■ salted crackers ■ salted snack food: potato chips, pretzels, popcorn ■ instant cooked cereals ■ commercially prepared refrigerated dough

Food Group	Use	Limit (2 to 3 times a week)	Avoid
combination foods	<ul style="list-style-type: none"> ■ homemade combination foods and soups with less or no salt ■ commercial low-sodium soups 	<ul style="list-style-type: none"> ■ TV dinners with less than 600 mg sodium per meal 	<ul style="list-style-type: none"> ■ chow mein ■ pot pies ■ canned stew, casseroles ■ prepared baked beans ■ TV dinners with more than 600 mg sodium per serving ■ canned and dried soups ■ bouillon
desserts	<ul style="list-style-type: none"> ■ fruit ■ sherbet and fruit ice ■ plain cake or meringue ■ ice cream and frozen yogurt ■ jams, jellies, honey ■ homemade desserts, cooked puddings and boxed mixes with less than 200 mg of sodium per serving 	<p>Limit to one sodium-containing dessert each day:</p> <ul style="list-style-type: none"> ■ baked desserts made from commercial mixes ■ commercially prepared cookies ■ instant puddings ■ desserts and candies made with salted nuts ■ cream and fruit pies 	
beverages	<ul style="list-style-type: none"> ■ sparkling water ■ fruit juices or drinks, lemonade, coffee, tea, pop ■ beverages with less than 70 mg of sodium per serving 	<ul style="list-style-type: none"> ■ club soda 	<ul style="list-style-type: none"> ■ commercial sports drinks such as Gatorade®, Instant Preplay® or Take Five® ■ softened water ■ cocktail beverage mixes ■ instant cocoa
other	<ul style="list-style-type: none"> ■ oil, vinegar, lemon juice ■ fresh or powdered onion or garlic ■ salt-free herbs and spice mixes ■ flavoring extracts ■ homemade gravy with less or no salt ■ salt-free bouillon or broth ■ unsalted ketchup, mustard, barbeque sauce ■ salt-free nuts and seeds ■ table wine (not cooking wine) ■ homemade salad dressings 	<ul style="list-style-type: none"> ■ ketchup and mustard ■ tartar sauce (1 tablespoon) ■ barbeque sauce (1 tablespoon) ■ steak sauce (1 tablespoon) ■ commercial salsa (1-2 tablespoons) ■ prepared horseradish ■ regular and low-calorie salad dressing ■ salted margarine and mayonnaise (1 tablespoon) 	<ul style="list-style-type: none"> ■ all pickles, olives ■ seasoned salts ■ MSG ■ soy sauce ■ tenderizers ■ commercial gravy mixes ■ light-salt products ■ cooking wine ■ salted nuts and seeds ■ barbeque sauce

Always read food labels for serving size and sodium content.

Recipe substitutions

Use the chart below to help you change your favorite recipes into heart-healthy ones.

Recipe Substitutions	
Ingredients	Use Instead
1 whole egg	<ul style="list-style-type: none"> ■ ¼ cup egg substitute ■ 2 egg whites
1 cup butter, shortening or lard	<ul style="list-style-type: none"> ■ 1 cup margarine ■ ½ cup margarine plus ½ cup fruit puree (applesauce or prune)
1 cup oil in baked goods	<ul style="list-style-type: none"> ■ equal amounts of fruit puree or applesauce ■ decrease oil to ⅔ cup
1 cup whole milk	<ul style="list-style-type: none"> ■ 1 cup skim milk
cream	<ul style="list-style-type: none"> ■ evaporated skim milk
1 cup sour cream	<ul style="list-style-type: none"> ■ 1 cup plain low-fat yogurt ■ 1 cup low-fat cottage cheese blended with 1 tablespoon lemon juice, add skim milk to desired consistency ■ 1 cup low-fat sour cream
1 ounce (one square) baking chocolate	<ul style="list-style-type: none"> ■ 3 tablespoons powdered cocoa and 1 tablespoon oil
1 cup ice cream	<ul style="list-style-type: none"> ■ 1 cup sherbet, low-fat frozen yogurt or low-fat ice cream
cream soup	<ul style="list-style-type: none"> ■ reduced-fat or fat-free cream soup
1 tablespoon cream cheese	<ul style="list-style-type: none"> ■ 1 tablespoon Neufchatel cheese ■ 1 tablespoon light cream cheese or fat-free cream cheese
1 ounce cheddar, colby, swiss cheese	<ul style="list-style-type: none"> ■ 1 ounce cheese that contains 2 to 6 grams of fat (or fewer) per ounce
salt	<ul style="list-style-type: none"> ■ herbs or spices ■ In most recipes, you can cut the salt in half.

How To Read Food Labels

Nutrition Facts	
8 servings per container	(1.)
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	(2.) % Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	(3.) 5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	(4.) 7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. (5.)	

Source: U.S. Food and Drug Administration

By reading food labels you will become aware of what's in the foods you eat. The information below explains how to read the food label at left.

- Serving size.** The serving size lists how many calories and nutrients are in one serving of the food. In this example, there are two servings per box. If you are eating twice the serving size, you are getting twice the calories, fat, saturated fat, sodium, etc.
- Percent of daily value.** Percent of daily value shows how the amount of a nutrient in a serving of food fits into a 2,000 calorie diet.
- Nutrients.** Nutrients show how much sodium, fiber, sugars, fat, etc., are in each serving. If you are on a restricted diet, look at the nutrients the food contains.
- Sodium.** Too much sodium in your diet can cause swelling in your body or make you feel short of breath. Limit the amount of sodium you eat to 1,500 to 2,000 mg (milligrams) each day.
- Daily values chart.** Daily values for diets of 2,000 or 2,500 calories appear on the lower half of the food label. These numbers list the recommended limits on total fat, saturated fat, cholesterol, sodium, total carbohydrates and dietary fiber for your diet each day.

Dining Out

There are many ways to help reduce how much sodium you eat while eating out. Your choices will vary with the type of dining situation. The following tips can help you lower your sodium while eating out.

How to order from a menu

- Skip foods with cheese, bacon or cream.
- Avoid appetizers.
- Skip sauces and gravies.
- A plain hamburger or non-breaded chicken is a better choice than a fried fish sandwich.
- Skip the pickles, olives, mayonnaise, bacon, cheese and sauces (“extras”).
- Choose meat or fish that is baked, broiled, grilled, poached, roasted or steamed.
- Choose oatmeal instead of a roll or muffin.
- Try lemon juice or vinegar and oil instead of dressing.
- Ask for a side salad, fruit or steamed vegetables without salt instead of fries or potato chips.
- Choose baked potatoes. Skip the butter and sour cream.
- Choose low-fat or fat-free yogurt, sherbet or fresh fruit for dessert.
- Skip foods that are breaded and fried.
- Avoid malts or shakes.
- Drink water, plain coffee or low-fat milk (skim or 1 percent).

What to choose from salad bars

- Choose fresh vegetables or canned or fresh fruits as a major part of your meal.
- Choose vinegar and oil or lemon juice for salad dressing.
- Limit the use of higher-sodium ingredients such as bacon bits, pickles, cheese and meat salads.

How to order ethnic foods

- For Asian dining, choose menu items that are made to order. Ask that food be made without salt, soy sauce or MSG.
- Choose menu items that do not include sauces.
- Mexican foods such as tacos, burritos and tostados are lower-sodium choices for you.

- Other ethnic foods, such as German and Italian, are often made ahead of time. These items may be more difficult for you to special order.
- If you are eating ethnic cuisine, eat low-sodium foods at home before and after the meal.

Source: Twin Cities Dietetic Association

Choosing Frozen Meals

Choose frozen meals that have less than 600 milligrams of sodium and more than 2 grams of fiber per serving. Limit frozen meals to 2 to 3 times a week. Examples of what to choose are:

Item	Sodium	Fiber
Healthy Choice® Cafe Steamers Homestyle Chicken & Potatoes	590 mg	6 grams
Healthy Choice® Cafe Steamers Honey Glazed Turkey & Potatoes	400 mg	5 grams
EVOL Fire Grilled Steak	540 mg	8 grams
EVOL Teriyaki Chicken	490 mg	4 grams
EatingWell® Thai Style Peanut Chicken	570 mg	8 grams
EatingWell® Chicken and Wild Rice Stroganoff	590 mg	5 grams
Stouffer's FIT KITCHEN® Protein Bowl Cali Chicken	570 mg	7 grams
Amy's® Broccoli Pot Pie	510 mg	7 grams
Amy's® Black Bean Vegetable Enchilada, Light in Sodium	360 mg	6 grams

Why You Need To Control Potassium

Potassium is a mineral that occurs naturally in your body. Potassium helps maintain the correct electrical environment for your heart.

It is important to have the right amount of potassium in your body. If you have too much or too little, it can affect your heart rhythm.

Some medicines may increase the amount of potassium in your body while others may cause it to drop.

You may need to avoid or eat more foods high in potassium. Ask your health care team about what is right for you.

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The charts below show foods that are high, moderately high and low in potassium.

Potassium content in foods

<p>Foods High in Potassium</p>	<ul style="list-style-type: none"> ■ all varieties of winter squash ■ avocado ■ baked potato ■ banana ■ blackstrap molasses ■ canned prune juice 	<ul style="list-style-type: none"> ■ canned tomato juice ■ canned vegetable juice (high-sodium choice) ■ eggnog ■ french-fried potatoes ■ frozen orange juice ■ salt substitutes
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<p>Foods Moderately High in Potassium</p>	<ul style="list-style-type: none"> ■ All Bran® ■ apricots and apricot nectar ■ Bran Buds® ■ canned grapefruit juice ■ canned pineapple juice ■ canned white or red beans (high-sodium choice) ■ cantaloupe ■ cooked parsnips ■ dates ■ dried figs ■ dried prunes 	<ul style="list-style-type: none"> ■ honeydew melon ■ lima beans (high-sodium choice) ■ mashed or hashed brown potatoes ■ milk and buttermilk ■ raw mushrooms ■ raw oranges ■ raw plums ■ raw spinach ■ raw tomatoes ■ yams (baked in the skins) ■ yogurt
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<p>Foods Low in Potassium</p>	<ul style="list-style-type: none"> ■ applesauce ■ green peas ■ green beans ■ raspberries ■ watermelon ■ cucumbers ■ oatmeal ■ English muffin ■ tea (brewed) ■ blueberries 	<ul style="list-style-type: none"> ■ egg ■ eggplant ■ rice (brown or white) ■ tortilla (corn or flour) ■ cranberries ■ bagel (plain or egg) ■ hummus ■ bread (white) ■ spaghetti or macaroni ■ cranberry juice cocktail
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Cookbooks

- ***American Heart Association Around the World Cookbook: Healthy Recipes with International Flavor***
American Heart Association

This book features recipes from Italy, France, Asia, Greece, the Caribbean, Germany, the Middle East and more. These recipes are low in fat, cholesterol, sodium and calories.
- ***American Heart Association Low-Fat & Luscious Desserts Cakes, Cookies, Pies, and Other Temptations***
American Heart Association
- ***American Heart Association Low-Fat, Low-Cholesterol Cookbook: Heart-Healthy, Easy-to-Make Recipes That Taste Great***
American Heart Association
- ***American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet***
American Heart Association
- ***American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes***
American Heart Association
- ***Cooking À La Heart Cookbook: Delicious Heart Healthy Recipes to Reduce the Risk of Heart Disease and Stroke***
Appletree Press, Inc.

Easy-to-read and prepare recipes that are low in fat and sodium, with an extensive list of salt free herb blends, nutrient analysis and canning information.
- ***Diabetes and Heart Healthy Cookbook***
American Diabetes Association, American Heart Association
- ***Eater's Choice Low-Fat Cookbook***
Dr. Ronald Goor and Nancy Goor

Includes 320 quick and easy-to-make recipes.
Nutrition information provided for all recipes.
- ***Quick and Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes***
American Heart Association

Includes shopping tips, nutrition analysis and preparation times.
- ***The 15-minute Gourmet: Vegetarian***
Paulette Mitchell

- *The New American Heart Association Cookbook, 7th edition*

American Heart Association

Includes nutritional analysis, shopping tips and information about healthy cardiac diet and lifestyle.

Websites

- Allina Health
allinahealth.org
- American Heart Association
heart.org
- Academy of Nutrition and Dietetics
eatright.org
- National Heart, Lung and Blood Institute
nhlbi.nih.gov
- Center for Nutrition Policy and Promotion
(United States Department of Agriculture)
cnpp.usda.gov

Smart Phone Apps

- Google Goggles (Free for Android,[®] iPhone,[®] google.com/mobile/goggles). Take a photo of a label. The app gives you the nutrition information, the company's website and more.
- Sodium 101 (Free for iPhone,[®] iPad,[®] iTunes,[®] apple.com). The app helps you stay within your sodium guidelines based on your age and gender.

Sample Menu Plans for 1 Week

For a sample menu plans for 1 week, please see the charts on the next 4 pages.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 1

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (8 oz.) (0 mg) ■ cold cereal (1 cup) (160 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ fresh turkey sandwich, no salt, 2 slices of bread (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ tossed salad, low-sodium dressing (1 Tbsp.) (175 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ roast beef (3 oz.) (45 mg) ■ low-sodium gravy (1 Tbsp.) (120 mg) ■ baked potato, medium (10 mg) ■ tub margarine (1 Tbsp.) (30 mg) ■ green beans (1 cup) (5 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: banana (0 mg). ■ Snack between lunch and dinner: frozen yogurt (½ cup) (55 mg). ■ Snack after dinner: sherbet (1 cup) (70 mg). 		

Day 2

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ apple juice (½ cup) (0 mg) ■ oatmeal, no salt added to water (1 cup) (0 mg) ■ blueberries (½ cup) (0 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ tossed salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ melon (0 mg) ■ low-sodium tuna (3 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) 	<ul style="list-style-type: none"> ■ broiled walleye (4 oz.) (80 mg) ■ corn on the cob (1) (5 mg) ■ baby carrots (1 cup) (50 mg) ■ noodles, no salt (1 cup) (10 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: low-sodium crackers (3 to 5) (35 to 60 mg). ■ Snack between lunch and dinner: fruit cocktail (½ cup) (0 mg). ■ Snack after dinner: angel food cake (1 slice) with strawberries (½ cup) (210 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 3

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (1 cup) (0 mg) ■ plain egg omelet (2 eggs) (155 mg); if you add vegetables, the sodium would stay the same ■ toast with jelly (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ grilled chicken (2 oz.) (60 mg) ■ bread (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ macaroni salad (homemade) (140 mg) ■ vegetables (1 cup) (20 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ lean hamburger (3 oz.) (50 mg) ■ whole wheat bun (1) (224 mg) ■ baked fries with Mrs. Dash® (20 fries) (25 mg) ■ asparagus (4 spears) (0 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Jell-O® (½ cup) (90 mg). ■ Snack between lunch and dinner: low-sodium pretzels (10 to 12 twist or sticks) (175 mg). ■ Snack after dinner: Nilla Wafers® (8) (115 mg). 		

Day 4

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ grapefruit juice (4 oz.) (0 mg) ■ raisin bagel (one-half) (230 mg) ■ cream cheese (1 Tbsp.) (50 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ low-sodium tuna (2 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ raw vegetables (1 cup) (20 mg) ■ vegetable juice (6 oz.) (90 mg) 	<ul style="list-style-type: none"> ■ pork chop (4 oz.) (75 mg) ■ applesauce (½ cup) (0 mg) ■ new potatoes (4) (0 mg) ■ tub margarine (2 tsp.) (30 mg) ■ tossed salad (2 cup) (35 mg) ■ low-sodium dressing (1 Tbsp.) (140 mg) ■ spinach (1 cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Greek non-fat yogurt (8 oz.) (60 mg). ■ Snack between lunch and dinner: orange (0 mg). ■ Snack after dinner: 2 cookies (2-inch diameter) (140 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 5

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ cranberry juice (½ cup) (0 mg) ■ English muffin (one-half) (200 mg) ■ tub margarine (1 tsp.) (30 mg) ■ cold cereal (1 cup) (160 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ grilled cheese with 1 oz. American cheese made with thin-sliced whole wheat bread (410 mg) or regular-sliced whole bread (550 mg) ■ low-sodium soup (1 cup) (100 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ fruit juice (½ cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg) 	<ul style="list-style-type: none"> ■ herbed chicken (4 oz.) (80 mg) ■ mashed potatoes (1 cup) (5 mg) ■ tub margarine (1 tsp.) (30 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: pineapple chunks (1 cup) (0 mg). ■ Snack between lunch and dinner: melon (quarter of a whole) (0 mg). ■ Snack after dinner: fruit shake (4 oz. milk and ½ cup fruit) (47.5 mg). 		

Day 6

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ grapefruit (one-half) (0 mg) ■ low-sodium pancakes: homemade with low-sodium baking powder (4 medium) (150 mg) (See recipe on page 68.) ■ syrup (2 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ seafood salad with low-sodium tuna (3 oz.) (270 mg) ■ pita pocket (6 oz.) (230 mg) ■ mixed greens (1 cup) (0 mg) ■ diet pop (40 mg) ■ skim milk (4 oz.) (47.5 mg) 	<ul style="list-style-type: none"> ■ spaghetti, no salt (2 cups) (5 mg) ■ low-sodium sauce (1 cup) (80 mg) ■ French bread, thin-sliced (1 slice) (165 mg) ■ tub margarine (2 tsp.) (30 mg) ■ broccoli (1 cup) (65 mg) ■ salad (2 cups) with low-sodium dressing (2 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: light popcorn (2 cups) (75 mg). ■ Snack between lunch and dinner: kiwi (1) (0 mg). ■ Snack after dinner: frozen yogurt (1 cup) (110 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 7

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ fruit cup (½ cup) (0 mg) ■ French toast (1 slice) (150 mg) ■ syrup (1 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ low-sodium peanut butter (1 Tbsp.) and jelly (1 Tbsp.) sandwich (2 slices of bread: thin-sliced, 45-calorie bread (215 mg) or regular bread (355 mg)) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ iced tea (0 mg) 	<ul style="list-style-type: none"> ■ fresh turkey with no salt (4 oz.) (0 mg) and low-sodium gravy (2 oz.) (120 mg) ■ brown rice (⅔ cup) (5 mg) ■ vegetables (1 cup) (15 mg) ■ cranberry sauce (½ cup) (0 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: rice cakes (2) (15 mg). ■ Snack between lunch and dinner: 2 cookies (3-inch diameter) (110 mg). ■ Snack after dinner: low-sodium pudding (½ cup) single serving package (90 mg) if instant from a box (200 mg or more). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Low-sodium Recipes

Try making the low-sodium meals on the next 4 pages.

Steak n' Broccoli

Makes 4 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound tip sirloin steak, cut against the grain into thin strips
- 4 cloves garlic, minced
- ¼ cup diced onion
- 4 green onions, cut into ½-inch pieces (white and green parts)
- 4 cups fresh broccoli florets (about 2 small heads)
- 2 tablespoons corn starch
- ¾ cup water
- 2 tablespoons low-sodium soy sauce
- ¼ cup low-sodium beef broth
- 1 tablespoon honey
- ½ teaspoon minced fresh ginger

Directions

1. In a medium skillet, heat oil over medium-high heat. Add steak and cook for 6 to 8 minutes or until browned. Transfer to a plate and set aside.
2. In the same skillet, add garlic, onion and green onions. Cook, stirring often, for 1 minute. Add broccoli and stir. Cover and cook for 5 minutes.
3. In a small bowl, combine corn starch and water. Stir until lumps are gone. Add soy sauce, broth, honey and ginger. Stir.
4. Remove cover from skillet and add sauce (made in step 3). Stir and cook for 3 to 5 minutes or until sauce is thickened. Add the steak, stir and cook for 2 to 3 minutes or until steak is heated. Enjoy warm!



MAIN DISH



TIP

You can also enjoy this over a whole grain such as brown rice or quinoa.*

*Option not included in nutrition facts.

 = low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

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Nutrition Facts

Serving Size 1 1/4 cup broccoli and beef (255g)			
Servings Per Container 4			
Amount Per Serving			
Calories 230	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 370mg			15%
Total Carbohydrate 15g			5%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 26g			
Vitamin A 45%		Vitamin C 120%	
Calcium 8%		Iron 15%	
*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
Saturated 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

Recipe contains: wheat
Carb choices per serving: 1

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Vegetarian Chili for Two

Makes 2 servings

Ingredients

- 2 teaspoons canola oil
- ¼ cup diced onion
- 2 garlic cloves, minced
- ½ cup diced sweet green peppers
- ¼ cup diced celery
- ⅓ cup sliced mushrooms
- ⅓ cup canned no-salt-added diced tomatoes
- 1 cup low-sodium tomato juice
- ⅓ cup canned low-sodium dark red kidney beans, rinsed and drained
- ½ cup canned low-sodium black beans, rinsed and drained
- ½ cup canned butter beans, rinsed and drained
- ½ tablespoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon turmeric

Directions

1. In a medium saucepan, heat oil over medium heat. Add onion and garlic. Cook 2 to 3 minutes, until onions are translucent. Stir in peppers, celery and mushrooms. Sauté 3 to 4 minutes.
2. Stir in remaining ingredients. Bring to a boil, then reduce heat to low-medium. Cover and simmer for 15 to 18 minutes, stirring occasionally.
3. Serve warm.



MAIN DISH



TIP

Toss the remaining beans and tomatoes with a bit of Italian dressing to make a three-bean salad. Enjoy it as a healthy snack between meals or a side dish with tomorrow's lunch.

♥ = heart smart ✂ = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 2 cups (425g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 41g	14%
Dietary Fiber 11g	44%
Sugars 9g	
Protein 12g	
Vitamin A 50%	Vitamin C 130%
Calcium 10%	Iron 20%
*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
Saturated 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	

Carb choices per serving: 2 ½

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Slow Cooker Sweet Potato Salad

Makes 8 servings

Ingredients

- 2 tablespoons chopped green onion
- 1/3 cup apple cider vinegar
- 2 tablespoons molasses
- 1 tablespoon packed brown sugar
- 1/3 cup water
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 4 medium sweet potatoes, peeled and diced into 1-inch pieces
- 1 small head cabbage, cored and chopped

Directions

1. In a medium bowl, mix together first 9 ingredients.
2. Place diced sweet potatoes into a 4- to 5-quart slow cooker. Pour mixture made in step 1 over the sweet potatoes. Cover and cook on low for 5 hours.
3. Add chopped cabbage and mix. Cover and cook on low for 1 more hour.
4. Serve warm.



SIDE DISH



TIP

As you're doing your shopping for this recipe, put a few extra sweet potatoes in your cart. Sweet potatoes can make a great grab-and-go snack or packed lunch item. Simply bake as you would a russet potato, allow to cool at room temperature and then store in the fridge or your lunchbox.

♥ = heart smart

⊗ = low sodium

GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 1/2 cup (206g)
Servings Per Container 8

Amount Per Serving
Calories 110 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 8g

Protein 2g

Vitamin A 190% • **Vitamin C 100%**

Calcium 8% • **Iron 8%**

*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

Saturated 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

Carb choices per serving: 2

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Food Comparisons: Regular Versus 2-gram (2,000 mg) Sodium

Regular Diet	2-gram (2,000 mg) Sodium Diet
Breakfast	
<ul style="list-style-type: none"> ■ 8 ounces orange juice (0 mg) ■ 1 cup raisin bran (310 mg) ■ ¾ cup 1% milk (95 mg) ■ 1 slice white bread toast (140 mg) ■ 2 tablespoons peanut butter (150 mg) ■ 1 tablespoon grape jelly (0 mg) ■ 1 cup coffee (0 mg) <p>Total sodium: 695 mg</p>	<ul style="list-style-type: none"> ■ 8 ounces orange juice (0 mg) ■ 1 cup mini wheat biscuits (5 mg) ■ ¾ cup 1% milk (95 mg) ■ 1 slice whole wheat bread toast (100 mg) ■ 2 tablespoons low-sodium peanut butter (100 mg) ■ 1 tablespoon grape jelly (0 mg) ■ 1 cup coffee (0 mg) <p>Total sodium: 200 mg</p>
Lunch	
<ul style="list-style-type: none"> ■ ½ cup carrot and celery sticks (50 mg) ■ turkey sandwich: <ul style="list-style-type: none"> ■ 2 slices white bread (280 mg) ■ 2 ounces sliced turkey (500 mg) ■ 1 slice American cheese (415 mg) ■ 2 tablespoons regular mayonnaise (160 mg) ■ lettuce and tomato slices (0 mg) ■ 1 ounce pretzels (390 mg) ■ 2 fudge cookies (140 mg) ■ 1 can diet soda (40 mg) <p>Total sodium: 1,975 mg</p>	<ul style="list-style-type: none"> ■ ½ cup carrot and celery sticks (50 mg) ■ turkey sandwich <ul style="list-style-type: none"> ■ 2 slices whole wheat bread (200 mg) ■ 2 ounces low-sodium sliced turkey (385 mg) ■ 1 slice Swiss cheese (70 mg) ■ 2 tablespoons light mayonnaise (120 mg) ■ lettuce and tomato slices (0 mg) ■ ½ cup applesauce (0 mg) ■ 2 gingersnaps (95 mg) ■ 10 ounces iced tea with lemon and sugar (0 mg) <p>Total sodium: 920 mg</p>

Food Comparisons: Regular Versus 2-gram (2,000 mg) Sodium

Regular Diet	2-gram (2,000 mg) Sodium Diet
Supper	
<ul style="list-style-type: none"> ■ 1 serving meatloaf (made with 1 packet of meatloaf seasoning) (400 mg) ■ 4 tablespoons regular ketchup (620 mg) ■ 1 medium baked potato (10 mg) ■ 2 tablespoons sour cream (30 mg) ■ 1 cup salad with 2 tablespoons with Greek vinaigrette (180 mg) ■ ½ cup canned vegetables (225 mg) ■ 1 white dinner roll (190 mg) ■ 1 teaspoon butter (35 mg) ■ 1 cup vanilla ice cream (90 mg) <p>Total sodium: 1,780 mg</p>	<ul style="list-style-type: none"> ■ 1 serving homemade meatloaf (120 mg) ■ 4 tablespoons low-sodium ketchup (20 mg) ■ 1 medium baked potato (10 mg) ■ 2 tablespoons light sour cream (25 mg) ■ 1 cup salad with 1 teaspoon olive oil and 2 teaspoons vinegar (10 mg) ■ ¾ cup frozen vegetables (25 mg) ■ 1 wheat dinner roll (150 mg) ■ 1 teaspoon unsalted butter (0 mg) ■ 1 cup sherbet (70 mg) <p>Total sodium: 430 mg</p>
Snacks	
	<ul style="list-style-type: none"> ■ 1 apple (0 mg) ■ 1 ounce trail mix no salt added (35 mg) ■ 3 cups unsalted popcorn (35 mg) ■ 1 ounce sharp cheddar cheese (180 mg) ■ 6 low-sodium snack crackers (80 mg) <p>Total sodium: 330 mg</p>
Daily total for regular diet: 4,450 mg	Daily total for 2-gram sodium diet: 1,880 mg

