

# Foods to Use, Limit and Avoid (for Heart Failure)



Allina Health

# Chicken and Turkey



## Use:

- fresh chicken breasts
- ground breast meat without skin
- deli meats labeled “low sodium”

## Limit (2 to 3 times a week):

- fresh cuts labeled “wing,” “thigh” or “drumstick” (skin not eaten)

## Avoid:

- chicken “with solution” on the label or in the ingredients list
- smoked or canned meat up to 360 mg for 1 serving
- deli meats not labeled “low sodium” up to 480 mg for 1 serving
- hot dogs, pepperoni or sausage
- any type of meat with skin
- frozen cuts with more than 140 mg sodium for 1 serving
- breaded or deep-fried meats
- rotisserie chicken

# Fish and Seafood



## Use:

- fresh salmon, tuna, mackerel, herring or trout
- fresh oysters or clams

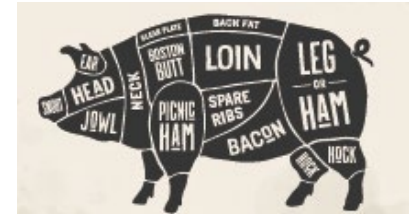
## Limit (2 to 3 times a week):

- low-sodium, canned fish
- seafood packed in water

## Avoid:

- fresh or frozen fish and seafood with more than 360 mg sodium for 1 serving
- canned fish or seafood packed in oil
- frozen, breaded fish sticks, tenders or fillets
- breaded or deep-fried fish or seafood

# Pork



## Use:

- meats without “flavors,” “seasonings” or “marinades”
- deli meats labeled “low sodium”

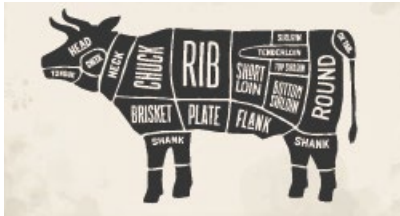
## Limit (2 to 3 times a week):

- 83 percent lean ground pork

## Avoid:

- fresh cuts labeled “blade steak,” “blade chop,” “ribs” or “belly”
- cured, smoked, dried or canned meats
- deli meats such as Canadian bacon or ham up to 360 mg for 1 serving
- hot dogs, pepperoni or sausage
- frozen cuts with more than 140 mg sodium for 1 serving
- bacon

# Beef



## Use:

- roasts, steaks or fillets labeled “round” or “loin”
- flank steak
- deli meats labeled “low sodium”
- 90 to 95 percent lean ground beef
- “select” grades of meat

## Limit (2 to 3 times a week):

- t-bone or chuck blade
- 85 percent lean ground beef
- “choice” grades of meat

## Avoid:

- rib, rib eye or porterhouse
- smoked, cured or dried meats
- hot dogs, pepperoni or sausage
- 75 to 80 percent lean ground beef
- “prime” grades of meat

# Dairy



## Use:

- fat-free or 1 percent milk
- milk products (such as soy or almond milk) with added calcium
- low-fat or fat-free yogurt
- cheese with less than 75 mg sodium for 1 serving
- egg whites

## Limit (2 to 3 times a week):

- plain or fruit-flavored yogurt
- cheese with 75 to 240 mg sodium for 1 serving
- eggs

## Avoid:

- full-fat milk or yogurt
- cheese or cheese products with more than 240 mg sodium for 1 serving

## Grains



### Use:

- dry whole grains such as oats, pasta or brown rice
- plain, instant hot cereals
- whole grain cereal with up to 240 mg sodium for 1 serving
- bread with up to 240 mg sodium for 1 serving
- air-popped popcorn

### Limit (2 to 3 times a week):

- whole grain cereal with more than 240 mg sodium for 1 serving

### Avoid:

- pre-seasoned rice or noodles
- salted pretzels, chips or popcorn
- bagels, muffins or doughnuts
- bread crumbs or croutons
- pancake or waffle mixes

## Beans, Nuts, Seeds and Legumes



### Use:

- dry beans and legumes
- unsalted almonds, peanuts or walnuts
- unsalted sunflower seeds
- natural nut spreads such as almond, peanut or walnut

### Limit (2 to 3 times a week):

- low-sodium, canned beans
- regular, creamy or chunky peanut butter

### Avoid:

- canned beans or refried beans
- pork and beans
- salted nuts or seeds

**Notes or Questions**

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**Notes or Questions**

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