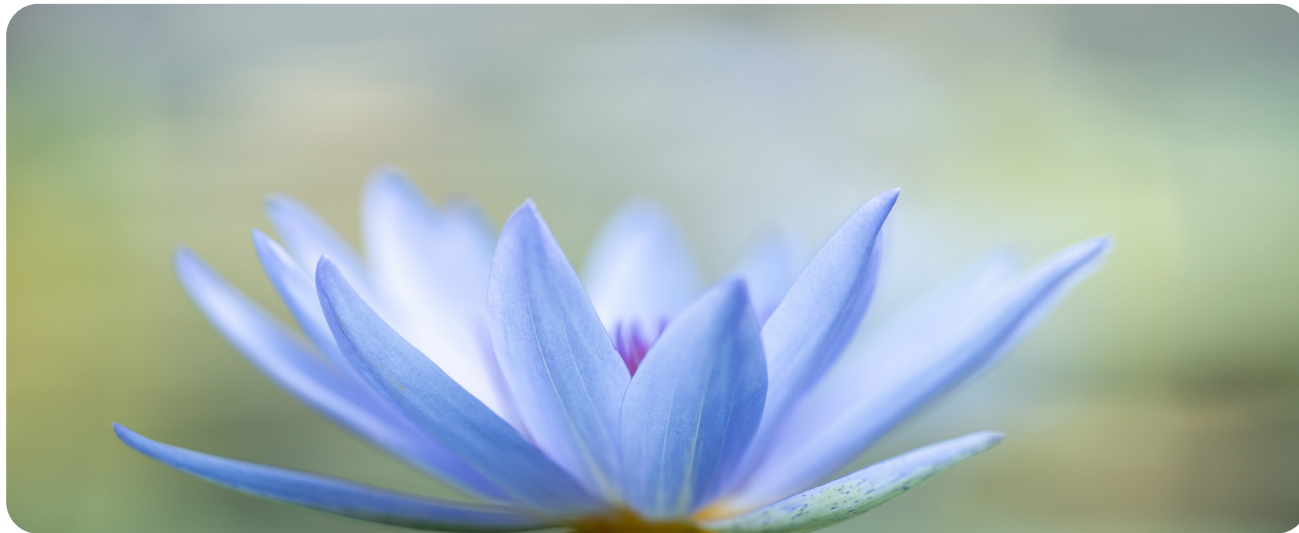


# 2023 Heart Failure Calendar



**Bring this with you to all of your follow-up appointments.**

## Vegetable and Bean Bowl

### Ingredients

2 16-ounce cans of low-sodium red kidney beans  
 8 leaves of romaine lettuce  
 5 medium carrots, julienned  
 ½ small red onion, diced  
 1 large green pepper, diced  
 12 garlic-stuffed olives  
 8 tablespoons fresh basil leaves  
 2 tablespoon extra-virgin olive oil  
 2 teaspoons balsamic vinegar  
 ¼ teaspoon ground cumin  
 ¼ teaspoon chili powder

4 servings

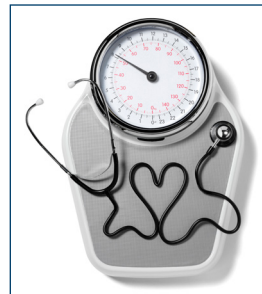
Sodium: 570 mg per serving

### Directions

1. In a medium microwave-safe bowl, add the kidney beans (including the liquid from the beans). Cover the bowl with plastic wrap and microwave on high for 2 to 3 minutes, until hot. Remove from the microwave and set aside.
2. In each bowl, place two lettuce leaves on the bottom. Using a slotted spoon, add 2/3 cup of beans.
3. Top with ¼ cup carrots, 2 tablespoons onion, ¼ cup green peppers, 3 olives (chopped) and 2 tablespoons basil leaves.
4. Drizzle ½ tablespoon olive oil and ½ teaspoon vinegar over the top. Sprinkle with a pinch of cumin and chili powder. Enjoy!

## How to help your heart

- Weigh yourself each morning after you go to the bathroom and before you eat or drink. Weigh yourself without clothes. Use the same scale.
- Check for swelling in your feet, ankles, legs and stomach.
- Call your health care provider if your weight goes up or if you have new symptoms.
- Eat 1,500 to 2,000 mg of sodium each day.
- Don't drink alcohol. Don't smoke.
- Keep all of your clinic and lab appointments.
- Write down any questions or concerns you have and bring them to your next clinic appointment.



## How to track your symptoms

Month: April			
Date	Weight	Symptoms	Weekly weight check
4/1	180.6	tired, swollen ankles	↑
4/2	180.8	napped sitting in a chair	↑
4/3	181.0	swollen feet, coughed when napping	↑
4/4	178.8	extra water pills helped	↓
4/5	178.4	none	↓
4/6	178	none	↓
			weight: ↓ or ↑

**It's important to keep track of how you are feeling. Knowing when your symptoms are getting worse, and whom to call and when, can help keep you out of the hospital.**

Write down your weight on this calendar each day. You can ask your health care provider to give you a "Heart Failure Weight Log" or you can keep track on your own. Use the example above as a guide.

Your "dry" weight is your goal weight. This is how much you weigh when you do not have extra fluid (water) build-up in your body.

Weigh yourself every morning. (Learn more in "How to help your heart," at left.)

Taking care of small changes right away can make a big difference.

**Call your health care provider** if you have any of the symptoms in the chart on the inside back cover of this calendar.

# JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>						
1 weight:	2 weight:	3 weight:	4 weight:	5 weight:	6 weight:	7 weight: weekly check: ↓ or ↑
8 weight:	9 weight:	10 weight:	11 weight:	12 weight:	13 weight:	14 weight: weekly check: ↓ or ↑
15 weight:	16 weight:	17 weight:	18 weight:	19 weight:	20 weight:	21 weight: weekly check: ↓ or ↑
22 weight: 29 weight:	23 weight: 30 weight:	24 weight: 31 weight:	25 weight:	26 weight:	27 weight:	28 weight: weekly check: ↓ or ↑

# How to be sodium-smart while eating fast foods

Fast food restaurants have lists of the fat, saturated fat, sodium and calories in their foods. You can find it on their websites or in their restaurants.

If your favorite restaurant doesn't offer specific heart-smart foods, you can still make wise choices.

- Skip foods with cheese, bacon or cream.
- Avoid appetizers.
- Skip sauces and gravies.

- Ask for a side salad, fruit or steamed vegetables without salt instead of fries or potato chips.



- 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.
- A plain hamburger or non-breaded chicken is a better choice than a fried fish sandwich.
- 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).

## Banana Buckwheat Chia Pancakes

### Ingredients

2 tablespoons chia seeds  
½ cup water, divided  
2 medium bananas, peeled and mashed  
1 tablespoon cold-pressed canola oil  
½ teaspoon vanilla extract  
½ cup buckwheat flour  
¼ teaspoon baking powder  
¼ teaspoon ground cinnamon  
nonstick cooking spray

### Directions

1. In a small bowl, combine chia seeds and 6 tablespoons water. Stir. Set aside at room temperature for 15 to 20 minutes or until gel forms.
2. Preheat griddle to 350 F.
3. In a large bowl, combine remaining water, mashed bananas, oil, vanilla and chia mixture (made in step 1). Mix. Add flour, baking powder and cinnamon. Mix gently until dry ingredients are just mixed in.
4. Spray griddle with nonstick cooking spray.
5. Pour ⅓ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2 to 3 minutes or until golden-brown. Enjoy warm!

**4 servings**

**Sodium: 35 mg per serving**

### Caution!

- cheeseburger: 750 mg
- crispy chicken sandwich: 1,000 mg



# FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>			1 weight:	2 weight:	3 weight:	4 weight:  weekly check: ↓ or ↑
			5 weight:	6 weight:	7 weight:	8 weight:
12 weight:	13 weight:	14 weight:	15 weight:	16 weight:	17 weight:	18 weight:  weekly check: ↓ or ↑
19 weight:	20 weight:	21 weight:	22 weight:	23 weight:	24 weight:	25 weight:  weekly check: ↓ or ↑
26 weight:	27 weight:	28 weight:				

## Good meat choices

### Beef

- 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

### Chicken and Turkey

- fresh chicken breasts instead of frozen (bagged)
- ground breast meat without skin
- deli meats labeled “low sodium”

### Pork

- meats with no flavors, seasonings or marinades
- deli meats labeled “low sodium”

### Fish and Seafood

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

### Beans, Nuts, Seeds and Legumes

- dry beans and legumes
- raw, unsalted almonds, peanuts or walnuts
- unsalted sunflower seeds



## Cauliflower Chipotle Lime Taco Bowls

### Ingredients

- ¼ cup fresh lime juice
- 3 tablespoons chipotle peppers in adobo sauce, chopped
- 4 garlic cloves, minced
- 1 small head cauliflower (about 10 ounces)
- ½ sweet onion, thinly sliced
- 2 cups cooked quinoa, follow package directions.
- 1 can low sodium pinto beans, rinsed
- 1 cup red cabbage, shredded
- 1 avocado, cut into 4 wedges
- 1 cup cherry tomatoes, halved

4 servings

Sodium: 260 mg per serving

### Directions

1. Preheat oven to 450 degrees. Line a large baking sheet with parchment paper or foil.
2. In a blender combine the lime juice, chipotles, and garlic. Process until smooth. Place the cauliflower in a large bowl. Add the sauce and stir to coat. Pour on prepared baking sheet. Sprinkle onion over the top. Roast in oven, stirring once, until the cauliflower is tender and light brown in spots, about 18-20 minutes.
3. In each bowl divide into 3 sections and place ½ cup quinoa, ¾ cup cauliflower, ¼ cup warmed pinto beans, red cabbage, avocado and halved cherry tomatoes. Enjoy!

## Good dairy, grain choices

### Dairy

- 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 per serving



### Grains

- dry whole grains such as oats, pasta or brown rice
- plain, instant hot cereals
- whole grain cereal with less than 140 mg sodium per serving
- bread with less than 140 mg sodium per serving
- air-popped popcorn

# MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>			1 weight:	2 weight:	3 weight:	4 weight:  weekly check: ↓ or ↑
			5 weight:	6 weight:	7 weight:	8 weight:
12 weight:	13 weight:	14 weight:	15 weight:	16 weight:	17 weight:	18 weight:  weekly check: ↓ or ↑
19 weight:	20 weight:	21 weight:	22 weight:	23 weight:	24 weight:	25 weight:  weekly check: ↓ or ↑
26 weight:	27 weight:	28 weight:	29 weight:	30 weight:	31 weight:	



# Watch, learn and live better with free videos

Allina Health offers a free video library online. This is a great opportunity for you and your family members to watch and learn together!

Go to [allinahealth.healthclips.com](http://allinahealth.healthclips.com) to access the video library.

In the Cardiology category, click on *Heart Failure*. You will find videos in these categories:

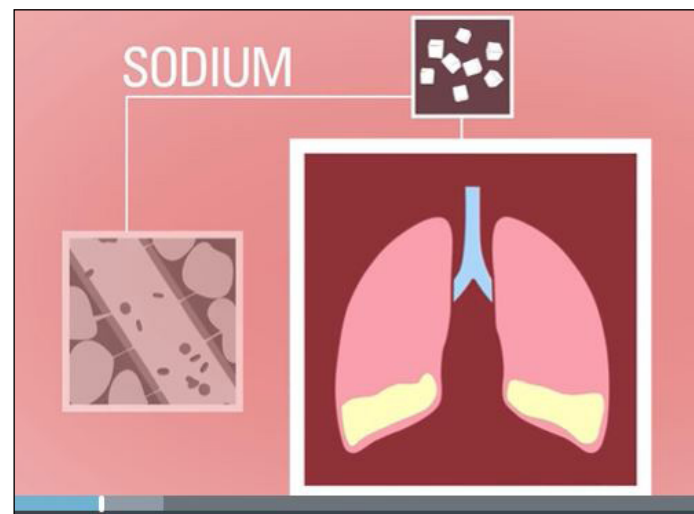
- Heart Failure Basics

- Heart Failure Lifestyle Changes.

The videos are short — in general, each is between 2 to 5 minutes long. Videos feature:

- real patients (not actors)
- animation (if appropriate)
- closed captioning
- transcripts to read
- option to view full screen.

Watch on a computer, laptop, tablet or smartphone as often as you like.




Check out more videos  
in the Wellness category!



**Wellness**  
Nutrition, Fitness & Healthy Living

- Nutrition
- Fitness
- Sleep
- Weight Management
- Behavior Change
- Aging
- Smoking & Tobacco Use
- Caregiving



## Sunny Spinach Salad

**Ingredients**

- 1 large apple, core removed and cut into thin slices
- ¼ cup unsweetened orange juice concentrate, thawed
- 2 tablespoons rice vinegar
- 6 cups baby spinach, rinsed
- 1 cup cooked diced chicken
- ½ cup sliced strawberries, stems removed
- ¼ cup chopped walnuts

**4 servings**  
**Sodium: 95 mg per serving**

**Directions**

1. In a small bowl combine apple slices, thawed orange juice concentrate and rice vinegar. Stir.
2. In a large bowl, toss together spinach, chicken, strawberries and walnuts. Pour dressed apples (made in step 1) over the top. Toss until well-combined.
3. Portion onto plates. Enjoy!



# APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>						1 weight:
						weekly check: ↓ or ↑
2 weight:	3 weight:	4 weight:	5 weight:	6 weight:	7 weight:	8 weight:
						weekly check: ↓ or ↑
9 weight:	10 weight:	11 weight:	12 weight:	13 weight:	14 weight:	15 weight:
						weekly check: ↓ or ↑
16 weight:	17 weight:	18 weight:	19 weight:	20 weight:	21 weight:	22 weight:
						weekly check: ↓ or ↑
23 weight:	24 weight:	25 weight:	26 weight:	27 weight:	28 weight:	29 weight:
30 weight:						weekly check: ↓ or ↑

## Cool Pea and Avocado Soup

### Ingredients

2 tablespoons extra-virgin olive oil  
 1 medium sweet onion, diced  
 4 cups low-sodium vegetable broth  
 1 10-ounce bag frozen sweet peas or  
 1 ¼ cups fresh shelled peas  
 2 cups fresh baby spinach  
 ¼ cup fresh mint leaves  
 ¼ cup fresh basil leaves  
 1 large avocado, diced  
 ½ cup lemon juice  
 ½ teaspoon ground white pepper

8 servings

Sodium: 85 mg per serving

### Directions

1. Heat oil in large pan over medium-high heat. Add onion and sauté for 4 to 6 minutes.
2. Add the broth and bring to a boil over high heat (about 7 to 10 minutes). Add the peas and cook until just tender, about another 4 to 6 minutes.
3. Remove pan from heat. Stir in spinach, mint and basil. Allow to cool for 10 to 15 minutes.
4. Stir in avocado, lemon juice and white pepper. Using a submersion blender, blend until smooth.
5. Chill in refrigerator until cold, about 4 hours. Enjoy!



## Shake the salt habit

- Eliminate adding salt in your cooking.
- Remove the salt shaker from the kitchen.
- Read the labels of salt substitutes. (Your health care provider must OK the use of a salt substitute because it can interfere with how well some medicines work.)
- Use herbs and spices.
- Try flavored vinegar, sherry, wine and lemon juice.
- Dash™ seasonings are good salt-free options to try.

## Sample menu for 1 day

### Breakfast

- oatmeal, no salt added to water (1 cup) (0 mg)
- blueberries (½ cup) (0 mg)
- toast (1 slice):  
thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced
- whole wheat bread (140 mg) with natural peanut butter (1 tablespoon) (65 mg)
- skim milk (8 oz.) (95 mg)
- coffee or tea (0 mg)

### Lunch

- tossed salad (2 cups) with low-sodium dressing (1 tablespoon) (175 mg)
- low-fat mayonnaise (1 tablespoon) (120 mg)
- melon (0 mg)
- low-sodium tuna (3 oz.) (160 mg)
- bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread or regular bread (280 mg)

### Dinner

- 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 teaspoon) (30 mg)
- skim milk (8 oz.) (95 mg)

### Snacks

- between breakfast and lunch: 5 low-sodium crackers (60 mg) and light string cheese (1 stick) (170 mg)
- between lunch and dinner: yogurt (½ cup) (60 mg)
- after dinner: angel food cake (1 slice) with strawberries (½ cup) (210 mg)

# MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 weight:	2 weight:	3 weight:	4 weight:	5 weight:	6 weight:  weekly check: ↓ or ↑
7 weight:	8 weight:	9 weight:	10 weight:	11 weight:	12 weight:	13 weight:  weekly check: ↓ or ↑
14 weight:	15 weight:	16 weight:	17 weight:	18 weight:	19 weight:	20 weight:  weekly check: ↓ or ↑
21 weight:	22 weight:	23 weight:	24 weight:	25 weight:	26 weight:	27 weight:  weekly check: ↓ or ↑
28 weight:	29 weight:	30 weight:	31 weight:	<b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b>		

# Fluid restrictions, dry mouth and how to control thirst

## Recommended fluids in 1 day (each equals 2 liters):

- mL (milliliter): 1,500 to 2,000
- cups: 6 to 8
- ounces: 48 to 64 (depends on how you measure).

**Do not drink more than 2 liters in 1 day.**

- Take any medicine you can with liquids at meals.
- Drink from small cups and glasses.
- Use ice cubes or ice chips between meals.
- Add lemons or limes (or lemon or lime juice) to water or ice. The sour taste will help quench your thirst.
- Try Popsicles® (sugar-free if you have diabetes). Remember to count this as part of your liquid intake for the day.
- Use sour, hard candy or gum to help moisten your mouth and decrease your desire for liquids (sugar-free if you have diabetes).
- Chill or freeze your fruit servings to help quench your thirst.
- Try a mouth spray or an over-the-counter rinse to moisten your mouth.
- Rinse your mouth with water or chilled mouthwash when you are thirsty. (Do not swallow it.)
- Keep track of what and how much you drink each day. (See the directions to the right for an idea of how to track what you drink.)

## Pea Shoot Stir-fry


**Ingredients**

- 1 tablespoon organic cold pressed canola oil
- 3 cloves garlic, minced
- ¼ teaspoon ground ginger
- 1 pound pea shoots
- ½ teaspoon honey

**Directions**

1. In a medium skillet, heat oil over medium-high heat. Add garlic, stirring, until lightly browned. Add ginger. Stir.
1. Turn up heat to high. Add pea shoots by handfuls and saute for 2 to 3 minutes, turning using tongs.
2. Remove from heat. Add honey and lightly toss. Enjoy warm.

**4 servings**  
**Sodium: 0 mg per serving**



## Track what you drink each day

Use a marker to mark 1 cup measures (up to 8 cups) on the outside of an empty 2-liter water bottle.

When you drink something, mark that amount with a sticky note or piece of masking tape.

Include all beverages and liquids like ice cream, sherbet, pudding, soups, watermelon and Jell-O®.

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>				1 weight:	2 weight:	3 weight:  weekly check: ↓ or ↑
				4 weight:	5 weight:	6 weight:
11 weight:	12 weight:	13 weight:	14 weight:	15 weight:	16 weight:	17 weight:  weekly check: ↓ or ↑
18 weight:	19 weight:	20 weight:	21 weight:	22 weight:	23 weight:	24 weight:  weekly check: ↓ or ↑
25 weight:	26 weight:	27 weight:	28 weight:	29 weight:	30 weight:	

**Frozen dinners low in sodium (less than 600 milligrams) and high in fiber (more than 2 grams)**

Item	Sodium	Fiber
Healthy Choice® Cafe Steamers Homestyle Chicken & Potatoes	590 mg	6 g
Healthy Choice® Cafe Steamers Beef Merlot	600 mg	4 g
Healthy Choice® Cafe Steamers Spaghetti & Meatballs	410 mg	4 g
Healthy Choice® Cafe Steamers Honey Glazed Turkey & Potatoes	400 mg	5 g
Healthy Choice® Cafe Steamers Barbecue Seasoned Steak with Potatoes	470 mg	4 g
EVOL Fire Grilled Steak	540 mg	8 g
EVOL Teriyaki Chicken	490 mg	4 g
EatingWell® Gnocchi With Garden Vegetables	590 mg	6 g
EatingWell® Creamy Pesto Chicken	460 mg	5 g
EatingWell® Chicken and Wild Rice Stroganoff	590 mg	5 g
EatingWell® Thai Style Peanut Chicken	570 mg	8 g
Stouffer's FIT KITCHEN® Protein Bowl Cali Chicken	570 mg	7 g
Amy's® Bowls: Pesto Penne with Broccoli and Tomatoes	460 mg	4 g
Amy's® Broccoli Pot Pie	510 mg	7 g
Amy's® Black Bean Vegetable Enchilada, Light in Sodium	360 mg	6 g



## Mint Lemonade With Honey

### Ingredients

7 cups water, divided  
 ½ cup honey  
 1 cup fresh lemon juice (4 to 6 lemons)  
 2 ounces fresh mint leaves (1 cup or 1 bunch)  
 8 cinnamon sticks

8 servings

Sodium: 10 mg per serving

### Directions

1. In a medium microwave-safe bowl, add 1 cup water and the honey. Microwave on high for 2 to 3 minutes, or until the honey is melted. Stir every minute.
1. Add the mint leaves to the bowl and muddle (mash). Cover and steep for 15 minutes.
2. Add the lemon juice and remaining 6 cups of water. Stir. You can leave the mint leaves or remove them by straining the lemonade with a fine mesh strainer.
3. Serve over ice with a cinnamon stick to stir. Enjoy!

## Choose your frozen meals wisely

Frozen meals are handy but they can be high in sodium. With a little label investigating, you can find meals that fit in your sodium limit of 1,500 to 2,000 mg each day.

Keep some of these meals in your freezer in case you are too tired or too busy to cook. This will keep you from reaching for fast-food or other high-salt foods.

Choose frozen meals that have less than 600 milligrams of sodium per serving and more than 2 grams of fiber to keep you feeling full.





# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>						1 weight:
						weekly check: ↓ or ↑
2 weight:	3 weight:	4 weight:	5 weight:	6 weight:	7 weight:	8 weight:
						weekly check: ↓ or ↑
9 weight:	10 weight:	11 weight:	12 weight:	13 weight:	14 weight:	15 weight:
						weekly check: ↓ or ↑
16 weight:	17 weight:	18 weight:	19 weight:	20 weight:	21 weight:	22 weight:
						weekly check: ↓ or ↑
23 weight: 30 weight:	24 weight: 31 weight:	25 weight:	26 weight:	27 weight:	28 weight:	20 weight:
						weekly check: ↓ or ↑

## Chicken and Spinach Salad in a Jar

### Ingredients

6 teaspoons red wine vinegar  
5 teaspoons spicy brown mustard  
½ teaspoon chopped fresh thyme  
½ teaspoon chopped fresh rosemary  
¼ teaspoon freshly ground black pepper  
5 tablespoons extra-virgin olive oil  
8 ounces cooked chicken breast, chopped  
2 cups halved grapes  
⅓ cup chopped unsalted roasted almonds  
¼ cup shredded Asiago cheese  
4 cups baby spinach

4 servings

Sodium: 230 mg per serving

### Directions

1. In a small bowl, whisk together vinegar, mustard, thyme, rosemary and black pepper. While whisking, slowly drizzle in oil until well-combined.
1. Pour 2 tablespoons of vinaigrette (made in step 1) in each of 4 pint-size canning jars. Then add 2 ounces chicken, ½ cup grapes, 1 tablespoon plus 1 teaspoon chopped almonds, 1 tablespoon cheese and 1 cup spinach to each (in that order). Screw a lid on each jar and store in the refrigerator for up to 4 days.
2. When ready to serve, pour on a plate or in a bowl and toss. Enjoy!

## Low-sodium meal options

You can buy heart-smart and low-sodium foods from a:

- home grocery delivery company or an online grocery store
- company that makes freshly prepared meals for pick up or delivery
- store that offers spice alternatives to salt.

Talk with your health care provider or dietitian if you have questions or if you need advice.



## Snack on



- unsalted nuts or trail mix (¼ cup) (0 to 40 mg)
- snap peas, carrots or other veggies (½ cup) (0 to 20 mg)
- bowl of Frosted Mini-Wheats® (10 biscuits) (0 mg) or Post Shredded Wheat cereal (1 biscuit) (0 mg)
- banana or orange (0 mg)
- melon (quarter of a whole) (0 mg)
- fruit cocktail (½ cup) (0 mg)
- frozen yogurt, vanilla (1 cup) (126 mg)
- low-sodium saltine crackers (5) (30 mg)
- Jell-O® lemon gelatin (½ cup, box mix) (120 mg)
- Greek non-fat, plain yogurt (5.3 oz.) (55 mg)
- cook and serve pudding (½ cup) (105 to 140 mg) and pudding snacks (3.5 oz.) (150 to 170 mg) (Stay under 200 mg per serving.)
- low-sodium mini pretzels (20) (75 mg)
- Nilla Wafers® (8) (115 mg)
- 2 chocolate chip cookies (2 ¼-inch diameter each) (110 mg)
- Jolly Time® Healthy Pop® butter (1 cup popped) (45 mg)
- salt-free rice cake (1) (0 mg)

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b>		1 weight:	2 weight:	3 weight:	4 weight:	5 weight:  weekly check: ↓ or ↑
		6 weight:	7 weight:	8 weight:	9 weight:	10 weight:
13 weight:	14 weight:	15 weight:	16 weight:	17 weight:	18 weight:	19 weight:  weekly check: ↓ or ↑
20 weight:	21 weight:	22 weight:	23 weight:	24 weight:	25 weight:	26 weight:  weekly check: ↓ or ↑
27 weight:	28 weight:	29 weight:	30 weight:	31 weight:		

## Vegetable Chips With Yogurt Dip

### Ingredients

2 teaspoons extra-virgin olive oil, divided  
3 medium zucchini, cut into 1/8- to 1/4-inch slices  
2 medium sweet potatoes, cut into 1/8- to 1/4-inch slices  
1 cup fat-free plain Greek yogurt  
1/2 cup fat-free sour cream  
1 1/2 tablespoons dried dill weed  
2 cloves garlic, minced  
1 tablespoon finely chopped fresh parsley

12 servings

Sodium: 25 mg per serving

### Directions

1. Preheat oven to 200 F.
2. Line two baking sheets with foil, lightly coated with oil. (To coat foil: Pour less than 1/8 teaspoon oil on a napkin or paper towel and wipe on foil.)
3. Place sliced zucchini in a plastic bag with 1 teaspoon oil. Seal bag. Shake gently to coat slices with oil. Pour onto one of the baking sheets. Repeat with sweet potato slices and pour onto other baking sheet.
4. Bake for 1 hour on middle oven rack. Remove pans from oven, stir vegetable chips with a wooden spoon and place back in oven to bake for 30 to 60 minutes, until crispy.
5. In a medium bowl, combine remaining ingredients. Stir until well-blended. Cover and place in refrigerator until ready to serve. Enjoy!

## Manage your medicines



- Put your medicine bottles and boxes into a bag and bring it with you to your appointments. Bring all prescription medicines, over-the-counter medicine, herbals and vitamins.
- Take your medicine about the same time each day.
- Have all of your medicines filled at one pharmacy.
- Use a pill box or guide to manage your medicines.
- If you miss a dose, take it as soon as possible.
  - If you do not remember to take it until it is time for your next dose, skip the missed dose and return to your regular dose schedule.
- Do not double up on missed doses unless your health care provider tells you to do so.
- Keep **all** medicines away from children and pets.
- Keep all medicines away from heat, light and humidity.
  - Do not keep medicines in the bathroom or near the kitchen sink.
- Plan ahead for vacations.
  - Don't be caught without enough medicine when you are away from home.
- Allow extra time for refills if you use a mail order pharmacy.
- Check with your airline before flying for details about bringing medicines on board.

## Prescription for feeling better

Taking your medicines as directed is important. If you do, they may help you feel better and help your heart work with less stress.

Your health care provider may change the dose or add other medicines later. It takes time to find the right dose, combination of medicines or both.

Over time, your body may change, prompting medicines changes.

You and your health care team work together to find the:

- right medicines for you
- right amount of each medicine
- best time of the day to take each medicine.

**Sometimes medicines can work against each other. It's important to know all side effects of your medicines and any special instructions for how to take them.**

# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>					1 weight:	2 weight:  weekly check: ↓ or ↑
					3 weight:	4 weight:
10 weight:	11 weight:	12 weight:	13 weight:	14 weight:	15 weight:	16 weight:  weekly check: ↓ or ↑
17 weight:	18 weight:	19 weight:	20 weight:	21 weight:	22 weight:	23 weight:  weekly check: ↓ or ↑
24 weight:	25 weight:	26 weight:	27 weight:	28 weight:	29 weight:	30 weight:  weekly check: ↓ or ↑

# Tobacco affects your heart

## Smoking:

- causes heart disease and stroke
- increases your heart rate and blood pressure
- lowers your good (HDL) cholesterol
- makes your heart work harder (adding stress to scarred or weakened blood vessels and arteries)
- can cause irregular heart beats
- causes heartburn and peptic ulcers.

The best thing you can do for your health is to not smoke. No amount of tobacco is safe. This includes e-cigarettes. They are a tobacco product.

## Secondhand smoke:

- is a mixture of smoke coming from the burning tips of cigarettes, pipes and cigars and smoke exhaled by people who smoke
- can damage the lining of blood vessels and cause your blood to become stickier. These changes can cause a deadly heart attack.

## Quitting:

Quitting tobacco is challenging because nicotine — the active ingredient in all tobacco products — is extremely addictive.



With help and your willingness to try, you can succeed! Talk with your health care provider or call a number in the box to the right for more information.

## Resources to help you quit using tobacco

- Quit Partner
  - 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
  - American Indian: 1-833-9AI-QUIT or aiquit.com
  - Spanish: 1-855-DEJELO-YA (1-855-335-3569) or quitpartnermn.com/es
  - asiansmokersquitline.org
- online tobacco cessation support
  - smokefree.gov
- American Lung Association/ Tobacco Quit Line
  - 651-227-8014 or 1-800-586-4872
- your primary care provider



### Ingredients

¾ cup whole-wheat flour  
1 ¾ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 ¼ teaspoons ground cinnamon  
1 teaspoon ground nutmeg  
1 cup sugar  
½ cup brown sugar  
½ cup butter (salted), softened  
1 15-ounce can pure pumpkin  
1 large egg  
1 ¼ teaspoons vanilla  
nonstick cooking spray

**36 servings**

**Sodium: 105 mg per serving**

### Directions

1. Preheat oven to 350 F.
1. In a medium bowl, combine first 6 ingredients.
2. In a large bowl, combine sugars and softened butter. Mix. Add pumpkin, egg and vanilla. Mix well. Stir in flour mixture gradually.
3. Spray a baking sheet with nonstick cooking spray. Drop rounded tablespoons of cookie dough onto baking sheet, leaving about 2 inches between each cookie.
4. Bake for 15 to 20 minutes or until set. Let cookies rest on baking sheet for about 2 minutes and then transfer to a cooling rack to cool completely.
5. Store in an air-tight container at room temperature. Enjoy! (You can freeze the cookies to enjoy later. Frozen cookies will stay fresh for about 3 months.)



# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>						
1 weight:	2 weight:	3 weight:	4 weight:	5 weight:	6 weight:	7 weight: <hr/> weekly check: ↓ or ↑
8 weight:	9 weight:	10 weight:	11 weight:	12 weight:	13 weight:	14 weight: <hr/> weekly check: ↓ or ↑
15 weight:	16 weight:	17 weight:	18 weight:	19 weight:	20 weight:	21 weight: <hr/> weekly check: ↓ or ↑
22 weight: <hr/> 29 weight:	23 weight: <hr/> 30 weight:	24 weight: <hr/> 31 weight:	25 weight:	26 weight:	27 weight:	28 weight: <hr/> weekly check: ↓ or ↑

# Holiday meal makeover

Sodium amount for 1 serving:



ham:  
1,684 mg

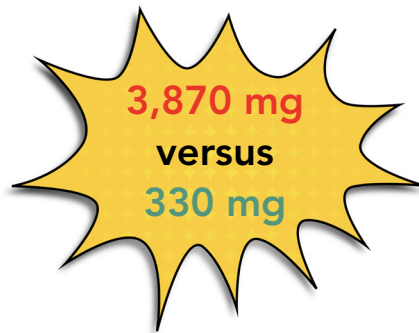


green bean  
casserole:  
1,125 mg



scalloped  
potatoes:  
1,061 mg

total sodium: 3,870 mg (1½ days worth!)



Sodium amount for 1 serving:



turkey (no salt):  
80 mg



green beans:  
0 mg



mashed sweet  
potatoes:  
250 mg

total sodium: 330 mg

# Navigating the grocery store aisles

**Outer aisles:** The most healthful foods are found here. Do most of your shopping for:

- produce: fresh fruits and vegetables
- meat and cold cases: fresh, lean cuts of beef, pork, poultry (skinless) and seafood
- dairy and eggs: fat-free or non-fat yogurt, milk and cottage cheese; eggs or egg substitute
- frozen: fruits and vegetables

(no added sauce, syrup, sugars or salt).

**Inner aisles:** You may need to go into these areas for a few items:

- bakery: fresh, whole grain breads and rolls
- deli: low-sodium, lean cuts of meat
- pre-packaged (processed) foods: dry beans, lentils and whole-grain pasta; low-sodium canned beans and vegetables.

## Warm Roasted Broccoli Salad with Walnuts

### Ingredients

- 2 teaspoons canola oil
- 2 pounds fresh broccoli, stems removed and cut into small florets
- 6 cloves garlic, minced
- ¼ cup chopped walnuts
- ¼ cup shredded parmesan cheese
- 1 ½ tablespoons fresh lemon juice

### Directions

1. Preheat oven to 425 F. Line a baking sheet with aluminum foil or parchment paper. Set aside.
2. In a large zip-close bag, combine oil, broccoli and garlic. Shake the bag until the broccoli is well-coated.
3. Pour the broccoli onto the prepared baking sheet and spread out evenly.
4. Bake on the middle rack of the oven for 15 to 25 minutes until broccoli is tender. Stir once about halfway through the cook time.
5. The broccoli may have a few darker spots but be careful not to burn it.
6. While broccoli is in the oven, heat chopped walnuts in a small, dry skillet over medium heat. Cook for 5 minutes or until walnuts are lightly toasted.
7. Remove broccoli from oven and cool for 5 minutes. Sprinkle broccoli with walnuts and cheese. Stir. Squeeze lemon juice over the top. Serve warm. Enjoy!

4 servings

Sodium: 160 mg per serving

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>			1 weight:	2 weight:	3 weight:	4 weight:  weekly check: ↓ or ↑
			5 weight:	6 weight:	7 weight:	8 weight:
12 weight:	13 weight:	14 weight:	15 weight:	16 weight:	17 weight:	18 weight:  weekly check: ↓ or ↑
19 weight:	20 weight:	21 weight:	22 weight:	23 weight:	24 weight:	25 weight:  weekly check: ↓ or ↑
26 weight:	27 weight:	28 weight:	29 weight:	30 weight:		



## Butter Rum Coffee

### Ingredients

- 4 teaspoons instant coffee
- ¼ cup butter rum flavored syrup
- ½ teaspoon rum extract
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- 4 cups water

### Directions

1. In a small bowl or a small jar mix together instant coffee, butter rum syrup, rum extract, cloves and cinnamon. Stir or shake to blend.
2. Warm cups in a microwave along with a bowl of water for 2 minutes
3. In a teakettle or small saucepan, bring water to a boil on stovetop. Pour into warmed cups then add 5 teaspoons of syrup (step 1). Enjoy!

4 servings

Sodium: 10 mg per serving

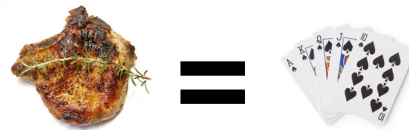


Find your right  
portion sizes

## Keep stress at a size you can manage

You can still enjoy your regular — or new — activities during the holiday season.

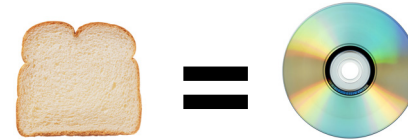
1. Plan ahead.
2. Pace yourself.
3. Make priorities.
4. Do relaxation exercises.
5. Know your limits.
6. Let others help.
7. Get enough sleep.



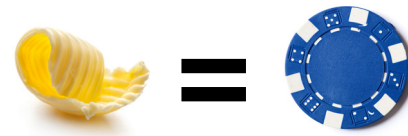
3 ounces of meat is about the size and thickness of a deck of playing cards.



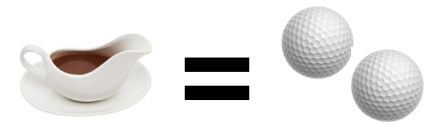
½ cup of mashed potatoes or ½ cup of stuffing is about the size of an ice cream scoop.



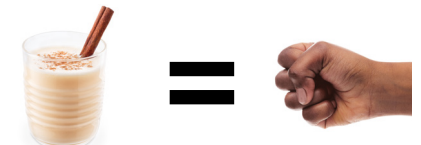
1 slice of bread or 1, 6-inch tortilla is about the size of a DVD.



1 teaspoon of butter is about the size of a poker chip.



2 tablespoons gravy is about the size of 2 medium eggs or 2 golf balls.



1 cup (8 ounces) eggnog is about the size a woman's closed fist.

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Call your health care provider if you gain 3 pounds in 1 day or 5 pounds in 1 week.</b></p>					1 weight:	2 weight:  weekly check: ↓ or ↑
					3 weight:	4 weight:
10 weight:	11 weight:	12 weight:	13 weight:	14 weight:	15 weight:	16 weight:  weekly check: ↓ or ↑
17 weight:	18 weight:	19 weight:	20 weight:	21 weight:	22 weight:	23 weight:  weekly check: ↓ or ↑
24 weight:  31 weight:	25 weight:	26 weight:	27 weight:	28 weight:	29 weight:	30 weight:  weekly check: ↓ or ↑

**YOUR HEALTH CARE TEAM**

**NAME**

**PHONE**

Health Care Provider: \_\_\_\_\_

Specialist: \_\_\_\_\_

Nurse: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Clinic: \_\_\_\_\_

Home Health Nurse: \_\_\_\_\_

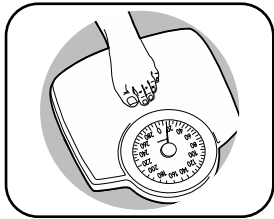


# Heart Failure Action Plan

## Do Your Checklist Every Day:

- Weigh yourself in the morning before breakfast. Write down your weight. Compare it to yesterday's weight.
- Take your medicine as directed.
- Be able to do your regular activities without being short of breath.
- Check for swelling in your feet, ankles, legs and stomach.
- Have enough energy to get through the day.
- Eat 1,500 to 2,000 mg of salt.

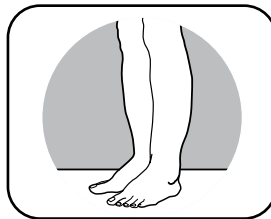
## Call Your Health Care Provider if You Have Any of the Following:



- gain 3 pounds in 1 day or 5 pounds in 1 week



- more short of breath than usual



- more swelling of your feet, ankles, legs or stomach than usual



- feeling more tired than usual or being unable to do your everyday activities

- breathing becomes harder when you lie down (You need to start sleeping in a chair.)
- if you are unable to take your medicine as directed

### Whom to Call

**Name:**

**Number:**

## Call 911 or Go to a Hospital Emergency Department if You Are:

- struggling to breathe
- having chest pain
- confused or unable to think clearly

