







































## Where is the Sodium?

The American Heart Association recommends no more than 1,500 milligrams (mg) a day. However, follow your medical provider’s instructions.

## How to Read Food Labels

The **servicing size** is the basis for all values on the label. In this case, 1 serving is 1 cup (half a can of soup). If you eat the whole can (2 servings, or 2 cups), you have to double all the numbers on the label.

**Sodium** is given in milligrams (mg). How does this number compare to your daily goal?

Nutrition Facts	
Serving size 1 cup	
Servings per container 2	
<b>Amount per serving</b>	
Calories 90 Calories from fat 20	
<b>% Daily Value</b>	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 690mg	37%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 6g	
Ingredients: Chicken broth, carrots, cooked white chicken meat (white chicken meat, water salt, sodium phosphate, isolated soy protein, modified cornstarch, cornstarch), potatoes, celery, rice, monosodium glutamate.	
Contains soy.	

**Percent daily value** gives the percentage of the standard recommended amount per day.

If this is over 25%, the food probably contains too much sodium for you.

Check the **ingredients list** of salt. Also watch for high-sodium ingredients such as sodium phosphate, brine, monosodium glutamate (MGS), baking soda, and any other ingredient that has “sodium” in its name.

## What Do These Labels Really Mean?

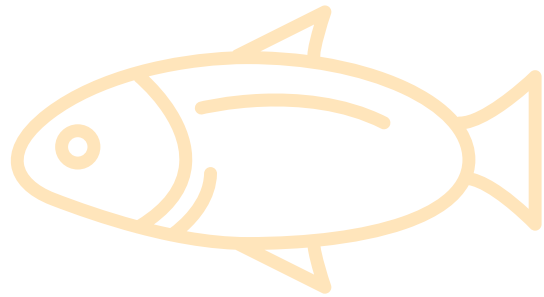
- Sodium free or salt free means less than 5mg per serving
- Very low sodium means 35mg or less per serving
- Low sodium means 140mg or less per serving
- Unsalted or no salt added means no salt is added to the product during processing (the product may still contain sodium, please read the labels)
- Reduced sodium or less sodium means at least 25% less sodium than the standard version. (Please read the label it may still be too much sodium for you)
- Light in sodium means 50% less sodium than the standard version. (Again, please read the label the sodium content may still be too much for you)



### The foods listed below are usually low in sodium:

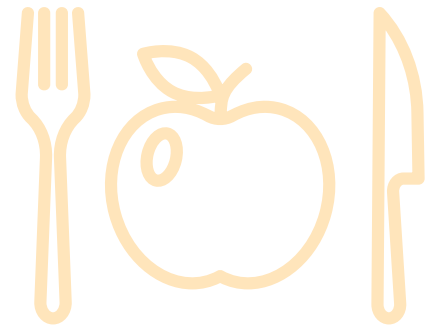
*\*Always read the labels of your items to verify sodium content (sodium content varies from product to product and brand).\**

- Most fresh fruits and vegetables (1 serving, 0–20mg of sodium)
- Breads: white, whole grain (1 serving, 120–140mg of sodium)
- Cereals: cooked; granola, puffed rice, puffed wheat, shredded wheat, oatmeal
- Crackers: graham, low salt, melba toast
- Pasta: macaroni, noodles, spaghetti, rice (20mg to 140mg of sodium)
- Unsalted butter, margarine, oil
- Yellow mustard, spices, herbs, sugar, syrup
- Cheese: cream cheese, Monterey, mozzarella, ricotta
- Cream: half & half, sour, whipping
- Vanilla ice cream, sherbet, yogurt
- Milk (please read labels)
- Non-dairy creamer
- Frozen fruits and vegetables without sauces
- Canned vegetables: low sodium or rinsed
- Meats, fish, and poultry, unprocessed (75mg to 120mg of sodium per serving)
- Eggs (1 egg, boiled, 60mg)
- Unsalted peanut butter, 2 tablespoons (10mg)
- Tuna: low sodium or canned that you rinse
- Snacks: Nuts, 1oz, mixed, unsalted; unsalted popcorn, 1 cup (0 to 65mg of sodium)



### The foods listed below are usually high in sodium and should be avoided:

- Canned soups and dry soup mixes (½ to 1 cup, 890mg to 915mg of sodium)
- Canned meats and fish
- Ham, 3.5oz; bacon, 2 slices; and sausage (290mg to 1500mg of sodium)
- Processed meats, such as deli items and hot dogs (290mg to 1500mg of sodium)
- Salted butter and margarine
- Salted peanut butter, 2 tablespoons (150mg sodium)
- Salted snack foods, such as nuts, pretzels, and chips
- Foods soaked in brine like pickles, olives, feta cheese, and sauerkraut
- Prepackaged frozen dinners over 400mg per serving
- Condiments, especially soy sauce (1 tablespoon 1230mg of sodium)
- Others include salad dressings, sauces, dips, ketchup, and Dijon Mustard
- Any seasonings that taste salty, including bouillon cubes, meat tenderizer, seasoned salts, tamari, and Worcestershire sauce
- Canned vegetables and frozen vegetables that have seasoning packs included for flavoring
- Seasoning mixes (tacos, chili, rice, gravies, etc.)
- Fast food (hamburger 475mg to 1000mg of sodium)
- Salt (1 teaspoon, 2400mg of sodium)
- Ramen noodle soup (1 package, 830mg to 1300mg of sodium)



Some foods and beverages WILL increase your symptoms; however, your care and recommendations are directed by your overall goals of care.

*\*\* These are suggestions for a cardiac diet, diabetic patients will need to alter recommendations to meet the restrictions. Please discuss diet with your medical provider and care team. \*\**

### **Fluid**

Sometimes a fluid restriction is necessary to help reduce the amount of stress that is put on your heart by excess fluid. Your medical provider will let you know if this is necessary. A fluid restriction is necessary because sodium draws fluid from your body into your bloodstream, increasing your overall blood volume. This in turn will cause your heart to work harder to rid your body of the excess fluid. A typical fluid restriction would be 1200–1500ml (5 to 6 ¼ cups) of total fluid per day.



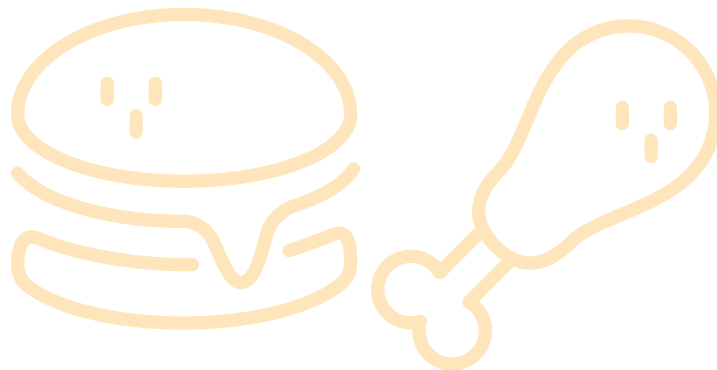
Since you may need to limit your intake of fluids, it is important that you choose the fluids that your body needs the most. Unless you are craving water, choose fluids other than water that will give you needed calories, energy, and nutrients, but usually not liquids that have mostly simple sugars.

Keep commercially prepared liquid supplements, like Boost or Ensure, on hand for the days you do not feel like eating solid food. Supplements are very nutritious and are a liquid meal packed with nutrients, vitamins, and minerals.

### **Cholesterol**

Cholesterol is a waxy substance found in your blood. High levels of cholesterol can build up in your arteries and cause damage. Therefore, it is wise to limit your cholesterol to less than 300mg a day. Cholesterol is found in all animal products such as meat, egg yolks and organ meats.

Some foods and beverages WILL increase your symptoms; however, your goals of care direct the recommendations and care provided by your medical provider or healthcare team.



## Advance Care Planning

Sharing what matters most to loved ones helps families, clinicians, and communities alike understand your values. That knowledge—and the exercise of talking to one another about deeply personal desires and eliminating the need for family to guess what your wishes might be—can bring comfort and peace of mind in times of stress. There are important topics that must be explored regarding your health care wishes, hopes and fears with each other. It is a big step and not easy, however, it is necessary and will give those you love the guiding principles required to confidently make decisions for you if needed, assuring that your health care journey takes the course that you establish and lead. Advance Care Planning allows you to have your voice heard when you are not able to physically speak for yourself.

Your healthcare team will talk to you more about this and help guide the discussion with you and those you choose to participate in this discussion- this person is often called your health care surrogate or proxy.



# Appendix A: Monitoring Symptoms

<p><b><i>Green Zone Symptoms indicate the patient is doing well</i></b></p> <p><b>My Goal Weight:</b> _____</p> <p><b>My symptoms are under control:</b></p> <ul style="list-style-type: none"> <li>• No shortness of breath</li> <li>• No swelling</li> <li>• No weight gain</li> <li>• No chest pain</li> <li>• No decrease in my ability to maintain my activity</li> </ul>	<p><b><i>Actions to follow:</i></b></p> <ul style="list-style-type: none"> <li>• Take daily medicines</li> <li>• Weigh myself daily</li> <li>• Follow a low-salt diet</li> </ul>
<p><b><i>Yellow Zone Symptoms indicate the patient is having a bad day or a flare up</i></b></p> <p><b>My “Caution “Weight:</b> _____</p> <p><b>My symptoms are elevated (any of the following):</b></p> <ul style="list-style-type: none"> <li>• Weight gain of 3 or more pounds in 2 days</li> <li>• Weight loss of 5 or more pounds in 2 days</li> <li>• Increased cough</li> <li>• Increased swelling</li> <li>• Increased shortness of breath with activity</li> <li>• Increased number of pillows needed</li> <li>• Any other unusual symptoms</li> </ul>	<p><b><i>Actions to follow:</i></b></p> <ul style="list-style-type: none"> <li>• I may need an adjustment of my medications</li> <li>• Take daily medications</li> <li>• Weigh myself daily</li> <li>• Call your nurse for an evaluation</li> </ul> <p><b>Phone number:</b></p> <p>_____</p>
<p><b><i>Red Zone Symptoms indicate urgent care medical needs requiring immediate evaluation by your care team</i></b></p> <p><b>My “Alert “Weight:</b> _____</p> <p><b>My symptoms are extremely elevated (any of the following):</b></p> <ul style="list-style-type: none"> <li>• Unrelieved shortness of breath</li> <li>• Shortness of breath at rest</li> <li>• Unrelieved chest pain</li> <li>• Wheezing or chest tightness at rest</li> <li>• Need to sit/sleep in recliner or chair</li> <li>• Weight gain of more than 5 pounds in 2 days</li> <li>• Confusion</li> </ul>	<p><b><i>Actions to follow:</i></b></p> <p>Call your Nurse immediately for an evaluation</p> <p><b>Phone number:</b></p> <p>_____</p>

## Appendix B: My Action Plan— What to do When I Feel...

Please refer to this guide created for you by your care team to help you when you experience any of the following symptoms:

SYMPTOM	TREATMENT	DESIRED GOAL
ANXIETY		
CHEST PAIN		
EDEMA		
SHORTNESS OF BREATH		
OTHER SYMPTOMS		

# Appendix C: Monitoring your Blood Pressure and Weight

It is important to keep a record of your blood pressure and weights as determined by your care team. The following charts can be used for record keeping.

## Blood Pressure

	BLOOD PRESSURE	HEART RATE (PULSE)
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		

**ADVANCED CARDIAC CARE PROGRAM**

	<b>BLOOD PRESSURE</b>	<b>HEART RATE (PULSE)</b>
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		
<b>Date/Time</b>		
Reading 1		
Reading 2		
Reading 3		
Comments		

## ADVANCED CARDIAC CARE PROGRAM

### Weight

Weigh yourself daily, same time (first thing in the morning if possible), same scale, unclothed after toileting. Keep track of your weight and any symptoms so you can report them to your team nurse. A gradual weight gain of 2 pounds overnight or 3 pounds in one week (7 days) **should be reported** to your care team.

	WEIGHT	COMMENTS
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		
Date/Time		
Weight		



Week of \_\_\_\_\_

Date	Weight Lbs.	Swelling Abdominal Measurements	Shortness of breath. Circle level of distress 0 (none) – 10 (the worst)	Coughing or Wheezing?	Pain? Where?	Have there been any changes from yesterday? (Eating, sleeping, restlessness, activity, anxiety, etc.)
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		
		ABD _____ cm	0 1 2 3 4 5 6 7 8 9 10	Yes/No		

Have you gained 2 pounds overnight or 5 pounds in 5 days? If so, call your Hospice program. Did you take all medications as directed, if not, what medication was held and why?

Date	/	/	/	/	/	/
Took all meds	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did not take						
Reason						

New or Worsening Symptoms? Call your Nurse anytime —24/7

## Appendix D: Recipes for Salt-Free Herb Blends



### CHINESE 5-SPICE—FOR CHICKEN, FISH OR PORK

- ¼ cup ground ginger
- 2 tablespoons of each: ground cinnamon, ground cloves
- 1 tablespoon of each: ground allspice, anise seeds



### MIXED HERB BLEND—FOR SALADS, PASTA SALADS, STEAMED VEGETABLES, VEGETABLE SOUP OR FISH

- ¼ cup dried parsley flakes
- 2 tablespoons dried tarragon
- 1 tablespoon of each: dried oregano, dill weed, celery flakes



### ITALIAN BLEND—FOR TOMATO-BASED SOUPS, PASTA DISHES, CHICKEN, PIZZA, FOCACCIA AND HERBED BREAD

- 2 tablespoons of each: dried basil, dried marjoram, thyme, crushed dried rosemary, crushed red pepper
- 1 tablespoon of each: garlic powder, dried oregano

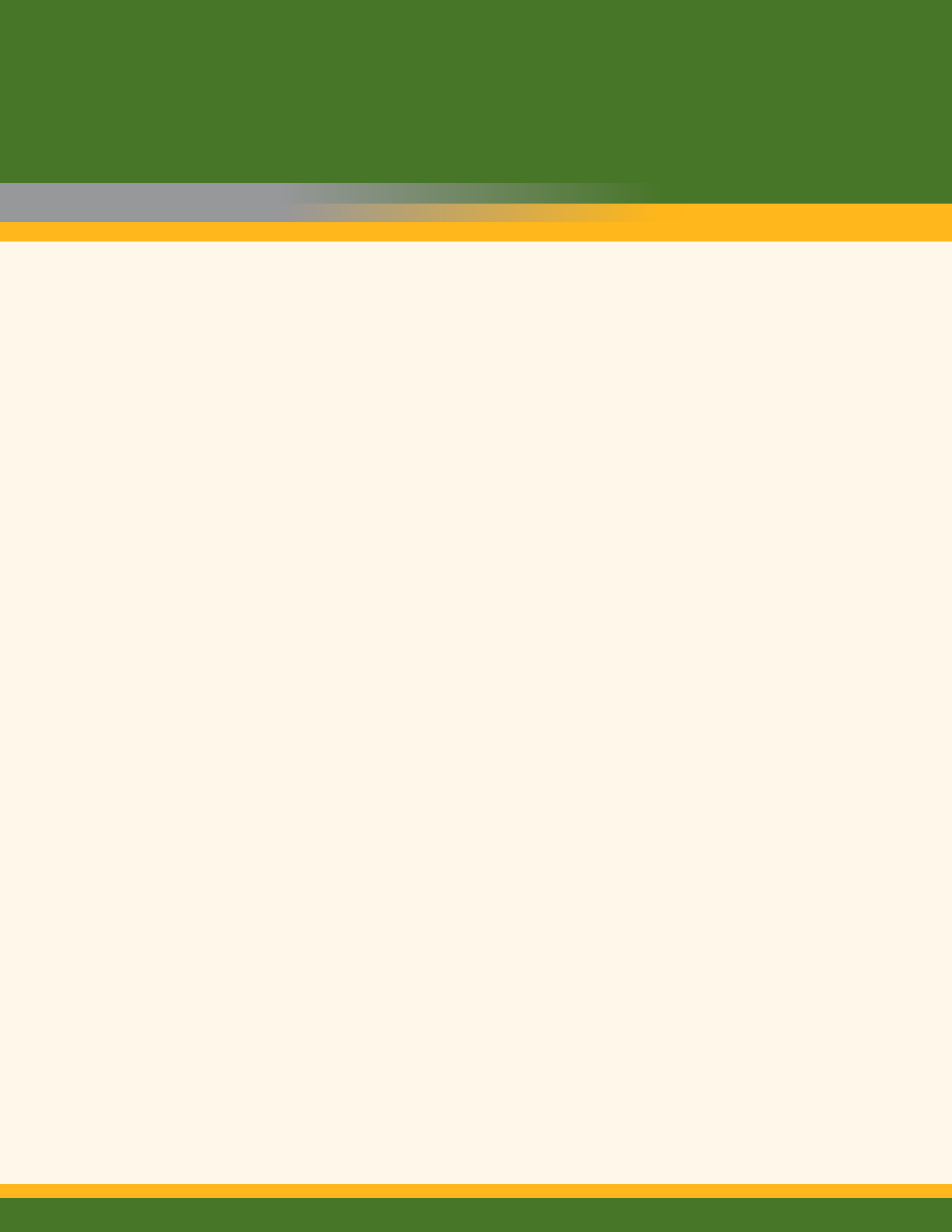


### EASY DIP BLEND—FOR MIXING WITH COTTAGE CHEESE, YOGURT, OR LOW-FAT SOUR CREAM

- ½ cup dried dill weed
- 1 tablespoon of each: dried chives, garlic powder, dried lemon peel and dried chervil









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