

NUTRITION TIPS

Congestive Heart Failure

If you're living with congestive heart failure, it is important to **limit the amount of sodium** you consume. Sodium causes your body to hold water, and when your body holds too much water, it can lead to shortness of breath and swelling. You can prevent these symptoms by cutting down on foods with high sodium content and by limiting the amount of salt you use in seasoning.

Reducing Sodium In Your Diet

- ✓ Limit sodium you get from food and drink to 2,300 milligrams per day.
- ✓ Select foods with 140 milligrams of sodium or less per serving.
- ✓ Fresh meats are lower in sodium than processed meats, such as bacon, sausage and hot dogs.
- ✓ Choose fresh and frozen fruits and vegetables without added sauces, as they are naturally low in sodium.
- ✓ Instead of salt, try seasonings that are low in sodium such as cardamon, coriander, cumin, paprika, rosemary or fresh herbs.



To learn more, call **(203) 573-7566** or visit

waterburyhospital.org/all-services/outpatient-services/nutritional-services/

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Lean Protein + Flavors + Spices



chicken breast, olive oil, garlic, rosemary
also try with pork chops or turkey breast

Whole Grains + Flavors + Spices



whole grain pasta, olive oil, basil, oregano



quinoa, lemon, crushed red pepper, cumin



brown rice, chicken broth, garlic, ground black

Vegetables + Flavors + Spices



asparagus, lemon, rosemary, ground black pepper
also try with green beans or brussels sprouts



zucchini, olive oil, basil, oregano
also try with broccoli or cauliflower



carrots, honey, cinnamon, ginger
also try with butternut squash or sweet potato



tomatoes, balsamic vinegar, garlic, oregano
also try with spinach or eggplant

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