

**Norma Melchor Heart & Vascular Institute**

Mountain View Campus and Los Gatos Campus

# Living Well with Heart Failure: A Guide for Patients, Families and Caregivers



**Your name**

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**Primary care physician**

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**Cardiologist**

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**[elcaminohealth.org](http://elcaminohealth.org)**

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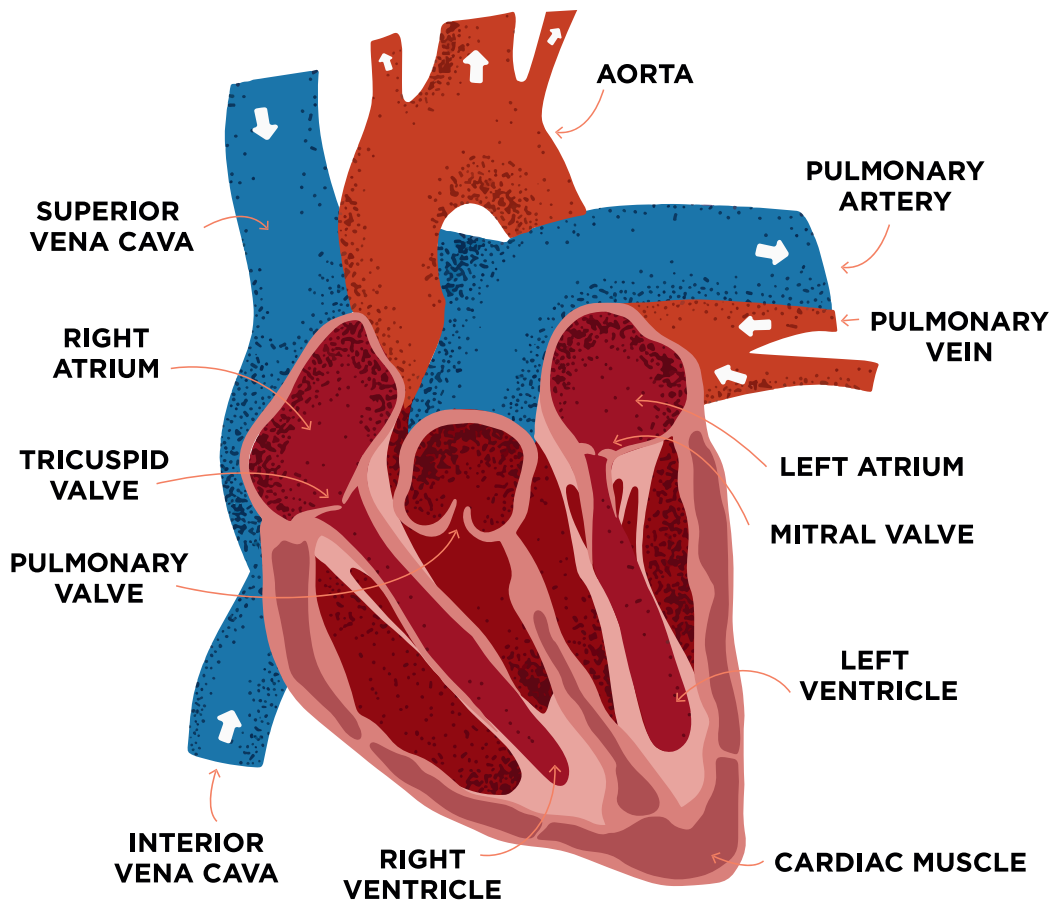
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## Introduction

Heart failure is a common medical condition. More than 6.2 million Americans are currently affected by the disease and more than 500,000 new cases are diagnosed each year (CDC, 2020). The number of people living with heart failure is projected to rise to over 8 million in the United States by 2030. (American Heart Association, 2021). The rise in heart failure diagnosis can be attributed to the growth in the elderly population, medication improvements and advanced heart failure treatment options. Health conditions such as hypertension, diabetes and obesity are surging in America and are known to be major risk factors for developing heart failure.

## The Heart

The heart is a muscular organ about the size of an adult's clenched fist. It is made up of two upper chambers called the atria and two lower chambers called the ventricles. Blood flow through the heart is controlled by valves that separate each chamber. Blood vessels (veins) carry deoxygenated blood from your body to the right side of the heart. Blood flows from the right atrium to the right ventricle. The right ventricle pumps blood into the lungs where carbon dioxide is exchanged for oxygen. Oxygenated blood is returned to the left atria and flows to the left ventricle. The left ventricle pumps blood through the aorta to small arteries that carry oxygen-rich blood to the rest of the body.



# Understanding Heart Failure

Heart failure does not mean the heart has stopped working. It simply means the heart is not working as well as it should. Heart failure is a condition where the heart is unable to pump enough oxygenated blood to meet the body's needs. More specifically, heart failure occurs when at least one heart chamber "fails" to keep up with the volume of blood that flows through it. A healthy heart pumps out at least 50% of the blood it receives with each heart beat. When the heart is not able to pump efficiently, excess fluid may build up in the lungs, abdomen, legs, ankles or feet. Heart failure is a very serious, life-limiting health condition that must be treated and requires careful management. There is no cure for heart failure. Medications, dietary adjustments, lifestyle modifications and other forms of advanced treatments may help to slow the progression of the disease but will not cure it.

## What Causes Heart Failure?

The most common causes of heart failure are coronary artery disease, hypertension and diabetes. However, any of the following disease states can lead to heart failure.

### Coronary Artery Disease (CAD)

CAD is the buildup of cholesterol and plaque in the arteries that supply oxygenated blood to the heart. The heart muscle is unable to pump efficiently with reduced blood flow. CAD is a major cause of heart failure.

### Hypertension

Blood pressure is the measurement of force exerted by circulating blood against the arteries. Normal blood pressure is less than 120/80 (ACC/AHA, 2017). High blood pressure is defined as 130/80 or higher. The risk for developing heart failure is doubled in individuals diagnosed with hypertension.

### Diabetes

Individuals diagnosed with diabetes (elevated blood sugar levels) are two to four times more likely to develop heart failure than someone without diabetes. High blood glucose levels damage blood vessels and worsen hypertension.

### Chronic Kidney Disease (CKD)

Chronic kidney disease is the gradual loss of kidney function. The heart must pump harder for the kidney to filter waste products from blood. CKD can directly affect a person's chance of developing heart failure.

### Cardiac Arrhythmias (Irregular Heartbeats)

Arrhythmias are conditions in which the heartbeat is too fast (tachycardia), too slow (bradycardia), or beats in an irregular pattern (atrial fibrillation). Arrhythmias cause a reduction in blood flow through the heart. When arrhythmias are successfully treated damage to the heart muscle can be minimized.

### Heart Valve Disease or Infection

The heart valves that open and close between the four chambers of the heart can become damaged by disease or infection. When a valve does not open or close completely with each heartbeat, the heart works harder to move blood forward.

### Heart Muscle Disease (Cardiomyopathy)

Cardiomyopathy is a chronic disease of the heart muscle that can be caused by hereditary conditions, bacterial or viral infection, and/or heavy alcohol and drug use. Any damage to the heart muscle increases the risk for developing heart failure.

### Alcohol and Drug Abuse

Excessive alcohol and drug use damage the heart by raising blood pressure and heart rate. These substances make the heart work harder and over time lead to heart failure.

## Types of Heart Failure

Heart failure can involve the left side, right side, or both sides. The left side is most often affected first.



## Left-sided Heart Failure

The two types of left-sided heart failure are:

- **Systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation. This is heart failure with reduced ejection fraction, or HFrEF.
- **Diastolic failure:** The left ventricle loses its ability to relax normally because the muscle has become stiff. The heart can't properly fill with blood during the resting period between each beat. This is heart failure with preserved ejection fraction, or HFpEF.

## Right-sided Heart Failure

Right-sided or right ventricular heart failure usually occurs as a result of left-sided heart failure. When the left ventricle fails and can't pump enough blood out, increased fluid pressure is transferred back through the lungs, which damages the heart's right side. When the right side loses pumping power, blood backs up in the body's veins.

## Congestive Heart Failure

Congestive heart failure requires quick medical attention. As blood flow out of the heart slows, blood returning to the heart through the veins backs up. This causes congestion in the body's tissues. Sometimes fluid collects in the lungs and interferes with breathing, especially when a person is lying down.

## How is Heart Failure Diagnosed?

In order to determine if you have heart failure, your physician will review your symptoms, complete a medical history, and perform a physical examination. Frequently ordered tests to confirm the diagnosis of heart failure are listed below.

### Chest X-ray

Evaluates congestion in lungs and size of heart.

### Electrocardiogram (EKG or ECG)

Measures heart rate, rhythm and electrical conduction through the heart. The test can detect irregular heart rhythms, heart enlargement and damage from a heart attack.

## Echocardiography (ECHO)

This test creates an image of the heart to evaluate the movement of the heart chambers and valves. Your health care provider will be able to gauge how well your heart contracts and identify the type of heart failure you have.

## Common Blood Tests

- **Sodium and Potassium:** Minerals that help to maintain fluid levels and acid base balance in the body.
- **Albumin:** A protein made by the liver that helps keep fluid in the bloodstream.
- **Creatinine:** A measurement of kidney function.
- **T4 and TSH:** Measurements for thyroid function — abnormal levels can cause an irregular heartbeat.
- **B-type Natriuretic Peptide (BNP) or NT-proBNP:** Used to quickly determine if heart failure is present.

## What Are Symptoms of Heart Failure?

Heart failure has well-defined symptoms that are caused by fluid retention and/or increased oxygen needs. Gaining 2-3 pounds in one day or more than 5 pounds in one week is a sign of worsening heart failure.

### Heart Failure Symptoms:

- Shortness of breath while at rest
- Shortness of breath during activity
- Pressure or heaviness in chest while lying flat
- Waking up at night and having trouble catching your breath
- Need pillows to sleep upright or need to sit up to catch your breath at night
- Swelling in hands, legs, ankles, feet, abdomen and neck
- Coughing or wheezing
- Rapid weight gain
- Increased heartbeat at rest
- Rapid or irregular heartbeat
- Dizziness or feeling light-headed when first sitting or standing up
- Feeling tired, fatigued, weak or have lack of energy
- Loss of appetite

## What Complications Develop from Heart Failure?

It is important to always be on the alert for complications that can arise from heart failure. That way if a complication occurs you will be able to get help before it becomes severe. Always watch for any changes in your symptoms. Your Heart Failure is stable if your symptoms stay about the same from one day to the next.

Complication	Description	Symptoms and Other Risk Factors
Atrial Fibrillation	An irregular and often a very rapid rhythm that is initiated in the atria	<ul style="list-style-type: none"> <li>• Fast, fluttering or pounding heartbeat</li> <li>• Shortness of breath</li> <li>• Increases the risk for ischemic stroke</li> <li>• Makes heart failure worse over time</li> </ul>
Heart Valve Disease	Valve(s) does not open or close properly with each heartbeat	<ul style="list-style-type: none"> <li>• Chest pain, palpitations, shortness of breath, feeling faint or fainting</li> <li>• Increases risk for atrial fibrillation</li> <li>• May need surgical procedure to repair</li> </ul>
Liver Damage	Reduced liver function	<ul style="list-style-type: none"> <li>• Increased swelling in abdomen (ascites)</li> <li>• Itchy skin</li> <li>• Frequent bruising and bleeding</li> </ul>
Renal Disease	Reduced kidney function	<ul style="list-style-type: none"> <li>• Decreased urine output</li> <li>• Volume overload or increased edema</li> <li>• Fatigue, poor appetite, lethargy</li> </ul>
Venous Stasis	Reduced deoxygenated blood returned to heart	<ul style="list-style-type: none"> <li>• Skin thickens, may look shiny, scaly, brown or reddish in color</li> <li>• Increased risk for cellulitis infection</li> </ul>
Ventricular Fibrillation or Tachycardia	A dangerous arrhythmia or irregular heartbeat that causes the ventricles to quiver or fibrillate	<ul style="list-style-type: none"> <li>• Very fast, fluttering or pounding heartbeat</li> <li>• Chest pain</li> <li>• Dizziness, nausea, shortness of breath</li> <li>• Syncope (fainting episode)</li> <li>• Sudden death if lethal rhythm not terminated</li> </ul>

## Treating Heart Failure

Treatment may include different modalities such as:

- Several different medications to reduce symptoms and prolong life
- Following a low sodium diet to decrease fluid retention
- Implantation of cardiac devices (pacemakers or defibrillators), if necessary
- A stenting or surgical procedure, if you have coronary or valvular disease
- Heart transplantation for our advanced heart failure patients may be necessary

## Common Heart Failure Medications

### Angiotensin-Converting Enzyme (ACE) Inhibitors

Common Brand Names: Captopril, Enalapril, Fosinopril, Lisinopril, Ramipril

ACE medications are vasodilators. They prevent the body from producing angiotensin; blood vessels relax, blood pressure is lowered and the heart muscle is able to pump blood more easily.

Possible Side Effects:

- Dizziness
- Low blood pressure
- Dry cough
- Change in kidney function
- Increased blood potassium
- Mouth, lips, tongue swelling
- Fatigue

### Angiotensin Receptor Blocker (ARB)

Common Brand Names: Candesartan, Losartan, Valsartan

ARBs are vasodilators that work very similar to ACE inhibitors. They reduce the action of angiotensin and prevent blood vessel constriction. The kidneys do not hold onto sodium and water, blood vessels relax, blood pressure is lowered. ARBs may be prescribed for people who cannot tolerate an ACE inhibitor.

Possible Side Effects:

- Dizziness
- Low blood pressure
- Change in kidney function
- Increased blood potassium
- Fatigue

### Angiotensin Receptor-Neprilysin Inhibitor (ARNI)

Common Brand Names: Entresto

ARNIs are a combination medication that blocks angiotensin and inhibits neprilysin enzyme. The medication helps to reduce excess fluid, dilates blood vessels and makes it easier for the heart to pump blood throughout the body.

Possible Side Effects:

- Dizziness
- Low blood pressure
- Increased serum creatinine
- Increased blood potassium
- Renal failure
- Fatigue





## Beta Blocker

Common Brand Names: Bisoprolol, Carvedilol, Metoprolol

Beta blockers slow heart rate and lower blood pressure by blocking the stress hormone adrenaline. Stress hormones make heart failure worse and increase symptoms. The medications help reduce the risk of abnormal heart rhythms and improve heart function too.

Possible Side Effects:

- Dizziness
- Low blood pressure
- Bradycardia (low heartrate)
- Fatigue
- Cold fingers & toes
- Can increase wheeze, SOB in patients with lung disease

## Diuretic

Common Brand Names: Bumetanide, Chlorothiazide, Furosemide, Hydro-Chlorothiazide, Metolazone, Torsemide

Diuretics, often called “water pills,” help the kidneys remove water and salt from the body. These medicines will cause you to urinate more often, will help to reduce fluid buildup in your body and can make breathing easier.

Possible Side Effects:

- Dizziness
- Headache
- Dehydration
- Lower potassium levels

## Aldosterone Antagonists

Common Brand Names: Eplerenone, Spironolactone

Aldosterone antagonists block aldosterone, a hormone that can make heart failure worse by holding on to salt and water. These medicines also prevent the kidneys from getting rid of too much potassium.

Possible Side Effects:

- Low blood pressure
- Change in kidney function
- Breast swelling, tenderness, enlargement in men/women
- Increase blood potassium

## Sodium-Glucose Cotransporter 2 Inhibitor (SGLT2i)

Common Brand Names: Jardiance, Farxiga, Invokana

SGLT2i helps to reduce sodium and glucose reabsorption in the kidneys. In doing so, these medications reduce cardiovascular risk and chronic kidney disease progression.

Possible Side Effects:

- Weight loss
- Increased thirst and urination
- Genital yeast infections
- Flu-like symptoms

## Heart Failure Therapies

In some patients, the pulmonary artery pressure can be used to monitor heart failure outside of the hospital. In other patients with heart failure the electrical system of the heart does not function properly. Heart rates may become slow, fast or irregular. Variable heart rates can change how you feel and increase your risk for fluid retention and stroke. If your heart does not contract well enough to provide oxygenated blood to meet needs and does not respond to medications prescribed by your doctor, an implantable device may be an option for you.

### CardioMEMS™ HF System:

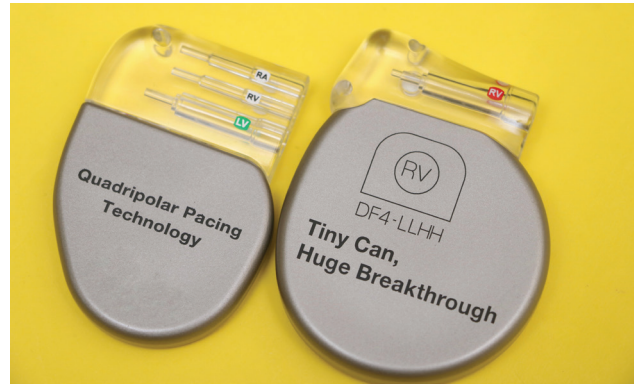
A Micro-Electro-Mechanical System (MEMS) device measures the pulmonary artery pressure. The sensor is placed during a heart catheterization procedure. Pulmonary pressures increase as fluid is retained in the lungs. Patients are able to initiate sensor pressure readings from their home at their convenience. The pressure readings are wirelessly transmitted to a secure website for the care team to access. This allows for earlier intervention with medication adjustments or treatment changes before patients experience heart failure symptoms.



## Advanced Therapies

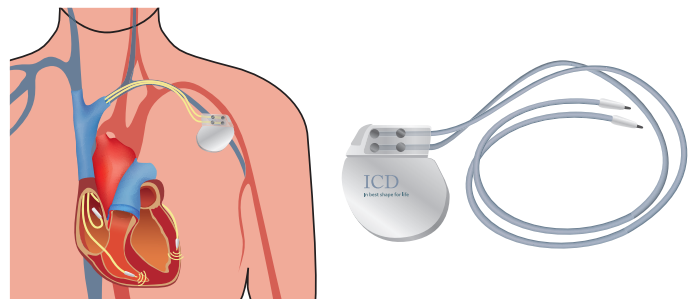
### Cardiac Resynchronization Therapy (CRT):

CRT is a small implantable device that is placed below the collarbone. The pacemaker sends electrical signals to the heart's ventricles so that they contract or beat in unison. The heart is able to pump more efficiently when heart contractions are coordinated.



### Implantable Cardioverter Defibrillators (ICD):

An ICD is similar to a pacemaker in that it can sense when the heart is beating too fast or slow. The ICD is implanted just under the skin in your chest and wires are connected through veins into your heart. ICDs can increase the heart rate if your heart is beating too slow and can deliver an electrical shock to convert a dangerous fast rhythm back to a normal.



### Left Ventricular Assist Device (LVAD):

For patients with severe heart failure that cannot be controlled with medicine, pacing devices or other treatments an LVAD may be an option. The device is implanted in the chest and pumps blood from the left ventricle to the rest of the body. This device is often used to support patients who are waiting for a heart transplant.

## Living Well with Heart Failure: Lifestyle Choices

Heart Failure can be treated and managed effectively. Your healthcare team will recommend a treatment plan based on the cause and severity of your heart failure and your tolerance for specific medicines, procedures or therapies. A combination of therapies is usually needed to manage the condition.

### What Can I Do to Manage My Heart Failure?

The goal of heart failure treatment is to improve your quality of life and slow the progression of the disease. The most important thing you can do is notify your care team if your symptoms get worse or if you have new symptoms. Be sure to keep a daily record of your weight and blood pressure and symptoms you are feeling. Heart failure symptoms do not get better without treatment. Let your care team know when there is a change in your weight, your breathing or increased swelling (feet, ankles, legs, abdomen). The care team will adjust your treatment plan to help you feel better. This will reduce your risk of returning to the hospital.



#### Important things to do every day:

- Take medications as prescribed
- Weigh yourself every morning.
- Record your weight and blood pressure daily.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat a low-salt, heart-healthy diet.
- Make time for exercise.
- Manage your stress.
- Avoid alcohol.
- Do not smoke cigarettes.
- Do not use tobacco of any kind.
- Notify your care team if your symptoms do not improve.

## Follow a Low-Sodium, Heart-Healthy Diet

Sodium enters your body when you add salt to food or eat and drink foods that contain salt. Excess sodium causes your body to hold on to fluid and your heart will have to work harder to pump oxygenated blood throughout your body. Consuming the appropriate amount of sodium can help you to breathe more easily, have less swelling and stay out of the hospital. Take the following steps to reduce the amount of sodium in your diet.



### Stop Adding Salt to Food

- Remove saltshakers from the table.
- Do not add salt when cooking.
- Experiment with no-salt herbs, spices and seasoning mixes.
- Dried and fresh herbs are naturally very low in sodium.
- Avoid spices and seasoning mixes that have added salt or sodium.
- Over time taste buds adjust to low-sodium foods.

### Modify Your Preferred Foods to Low-Sodium Variations

- Search on line for low-sodium recipes.
- Purchase a low-sodium cookbook or find one at your local library.
- If you like soup, make your own version without adding salt. Use fresh meat, vegetables, and herbs for seasonings.
- Cook fresh poultry, beef and pork without adding salt.
- Look for canned foods labeled sodium-free, very low sodium, or low sodium.
- Rinse canned vegetables with water prior to cooking.
- When making sauces use low-sodium yogurt and cheeses.

### Choose Foods Naturally Low in Sodium

- Choose fresh foods as much as possible.
- Fresh fruit, vegetables, meat, fish and poultry are very low in sodium.
- If fresh food is not an option, choose canned fruits and plain frozen vegetables.
- Dried beans, peas, rice and lentils are excellent low-sodium foods.
- Generally, you can eat as much fresh food as you want without counting sodium.

### Read Food Labels Carefully

- Food labels give information about calories, number of servings and the nutrient content of packaged foods.
- Knowing how much sodium is in a food item will help you to decide if you should eat it.
- Use food labels to track your sodium intake daily.
- Your healthcare provider will recommend the amount of sodium you should eat.
- The American Heart Association recommends no more than 2,300 milligrams (mg) of sodium per day and is moving toward the ideal limit of no more than 1,500 mg per day for most adults.



## Learn to Read Food Labels

1. Start with serving size and the amount of servings per container.
2. The serving size is the basis for all values listed on the label.
3. In this example the serving size is 1 cup (228 g) with a total of 2 servings per container.
4. If you eat both servings (2 cups) all numbers listed on the label should be doubled.
5. Sodium intake for one serving (1 cup) of macaroni and cheese is 470 mg.
6. Sodium intake for two servings (2 cups) of macaroni and cheese is 940 mg.
7. Two servings account for 40% of the daily sodium value based on a 2,000 calorie diet.

### LEARN TO READ FOOD LABELS: SAMPLE LABEL FOR MACARONI AND CHEESE

**Start Here**

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

**Quick Guide to % Daily Values**

5% or less is low  
20% or more is high

Limit these nutrients

Get enough of these nutrients

Footnote



## Sodium terms commonly listed on food packages

Make every attempt to choose food that is 140 milligrams of sodium or less per serving.

**Unsalted** = Salt is not added during processing \*

**Sodium/Salt Free** = Less than 5 milligrams of sodium per serving

**Very Low Sodium** = 35 milligrams or less per serving

**Reduced Sodium** = 140 milligrams or less per serving

**Light in Sodium** = At least 50% less sodium than the regular product \*

\*Does not mean food is low in sodium



## Examples of low-sodium spices, herbs and seasonings which are good for you

- Allspice
- Basil
- Bay leaves
- Black pepper
- Cayenne pepper
- Celery powder
- Chili powder
- Chives
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Dry mustard
- Fresh garlic
- Garlic powder
- Ginger
- Lemon juice
- Mrs. Dash
- Nutmeg
- Onion powder

## Examples of high-sodium spices, seasonings and condiments which are not good for you

- Alfredo mixes
- Barbecue sauce
- Celery salt
- Cocktail sauce
- Dry salad dressings
- Fish sauce
- Garlic salt
- Horseradish
- Ketchup
- Kosher salt
- Meat marinade mix
- Meat tenderizer mix
- MSG
- Onion salt
- Pickle relish
- Plum sauce
- Poultry seasoning
- Salt
- Sea salt
- Seasoned salt
- Soy sauce (including lite)
- Steak sauces
- Stir-fry mixes/sauces
- Taco sauces
- Taco seasoning
- Teriyaki sauce
- Worcestershire sauce



## Stay Active

Physical activity is critical for people diagnosed with heart failure. Regular activity reduces stress, improves blood pressure and lowers the risk for other health conditions. A good goal is to gradually build up to 30 minutes of physical activity most days of the week. You do not need to complete 30 minutes all at once. It may help to break your exercise into 10-minute segments. Walking is an excellent exercise that can be done indoors or outdoors. Consider walking in your home or garden, around your neighborhood or even at a shopping mall. If you are unable to ambulate try chair exercises where you can move your arms, legs and feet while sitting.

It is important to speak to your healthcare provider about when to start exercising and how often. Your care team may recommend you avoid activity on days that you do not feel well or have excess fluid buildup.

## Cardiac Rehabilitation Programs

Cardiac rehabilitation programs are available for men and women recovering from cardiovascular conditions, including heart failure, coronary procedures and cardiac surgeries. At El Camino Health, classes are taught and supervised by nurses and exercise physiologists under the direction of a cardiologist. Classes are one hour in length and meet three times each week. Once you start exercising you will begin to get stronger. The program will advance based on your progress and goals. When authorized by your physician, cardiac rehabilitation is covered by most insurance plans. For more information, speak to your care team and call the Cardiac Pulmonary Wellness Center at El Camino Health, 650-940-7130.

## Tobacco Cessation Program

If you are struggling with tobacco use and have been looking for a way to quit, consider El Camino Health's Tobacco Cessation Program.

El Camino Health's Tobacco Cessation Program can help you quit by:

- Offering individual counseling with a tobacco treatment specialist to discuss your goals
- Reviewing your tobacco history, personal triggers and previous quit attempts
- Partnering with you to develop an individualized tobacco cessation plan based on your needs
- Discussing the best treatment options for you, which include behavioral strategies and medications (if clinically appropriate) to help you quit
- Ensuring follow up visits to assess for medication side effects, review challenges you may be experiencing, offer strategies to overcome them, adjust medications if needed, and work with you to prevent relapse episodes
- Communicating with your doctor on your progress

This program offers office visits in conjunction with follow up phone calls. **For more information, call 650-940-7301, Monday – Friday 8:30 a.m. – 5 p.m.**

## Living with a Chronic Heart Condition

Having heart failure does not mean staying home and not enjoying your life. To feel your best, plan ahead and keep up with your daily treatment plan; weigh yourself daily, take medications as prescribed, follow a low-sodium diet and report changes in your heart failure symptoms to your care team. Always pace yourself, listen to your body and know your limits. Do as much physical activity as you can comfortably do and rest when you need to.



## Prepare an Advance Medical Directive

Plan for your future healthcare needs by completing an Advance Medical Directive. All patients admitted to the hospital are asked if they have an Advance Medical Directive. An advance directive is a legal document that informs your medical team and family of the medical care that you would want if you could not express your wishes. The Health Library & Resource Center offers free consultations to help you create this document. To schedule a 60-minute appointment for assistance, call:

**Mountain View Campus:** 650-940-7210

**Los Gatos Campus:** 408-866-4044



## Resources

On the following pages you will find resources to help you maintain healthy eating, recognize heart failure signs and symptoms, and keep track of your daily weights and blood pressures. You can also visit the following websites for additional resources:

### **Heart Failure Society of America**

Email: [info@hfsa.org](mailto:info@hfsa.org)

Website: [hfsa.org](http://hfsa.org)

### **American Heart Association**

Phone: 800-242-8721

Website: [heart.org](http://heart.org)

### **American Lung Association**

Phone: 800-856-4872

Website: [lung.org](http://lung.org)

### **El Camino Health**

Phone: 650-940-7000

Website: [elcaminohealth.org](http://elcaminohealth.org)





# Food as Medicine


## GUIDE TO HEALTHY EATING

	NON-STARCHY VEGETABLES	STARCHY VEGETABLES	FRUIT	GRAINS	HEALTHY FATS
<b>GO!</b>	<p><b>Fresh, frozen, or canned NO added salt</b></p> <p><b>All leafy green vegetables:</b> Spinach, kale, collards</p> <p><b>All orange, yellow, red, green, white non-starchy vegetables:</b> Carrots, tomatoes, red peppers, summer squash, green beans, mushrooms, broccoli, cauliflower, cabbage, Brussels sprouts</p>	<p><b>Winter squash:</b> Acorn, butternut, pumpkin</p> <p><b>Potatoes:</b> White potato with skin, sweet potato, yams</p> <p><b>Other:</b> Corn, green peas, Lima beans, rutabagas</p>	<p><b>All whole fruit:</b> Fresh or frozen, unsweetened</p>	<p><b>All whole grains:</b> Barley, oats, brown rice, wild rice, bulgur, quinoa, millet, whole wheat pasta and couscous, brown rice pasta, whole wheat and whole grain bread, buns, tortillas, pitas</p> <p>Cereals (look for more than 4 grams of fiber per serving): Bran flakes, steel cut or old-fashioned oatmeal, most Kashi® cereal, Uncle Sam® Wheat Berry Flakes</p>	<p><b>Nuts, seeds, and nut butters</b></p> <p><b>All nuts and seeds:</b> Walnuts, almonds, pistachios, Sunflower, pumpkin, chia, ground flax seeds, all natural peanut butter (only ingredients peanuts and salt), almond butter, tahini</p> <p><b>Other healthy fats:</b> Avocado, olives</p>
<b>CAUTION!</b>	<p><b>Limit due to high sodium content</b></p> <ul style="list-style-type: none"> <li>• Sauerkraut</li> <li>• Kimchi</li> <li>• Tomato juice</li> <li>• Pickles</li> </ul>	<p><b>Mashed potatoes:</b> Be mindful of added fat and salt</p>	<ul style="list-style-type: none"> <li>• Applesauce, unsweetened</li> <li>• Canned fruit, natural juices</li> <li>• Dried fruit, sweetened</li> <li>• Frozen fruit, sweetened</li> </ul>	<p><b>Breads:</b> Made with white flour/enriched</p> <p><b>Cereal:</b> Cream of Wheat®, granola, grits, rice cereal</p>	<p><b>Be mindful of portions</b></p> <p><b>One serving = 45 calories and 5 grams of fat</b></p> <p><b>1 teaspoon:</b> Extra virgin olive oil, canola oil, flaxseed oil, avocado oil, sesame oil, safflower oil, sunflower oil, grapeseed oil, regular mayonnaise</p> <p><b>1 tablespoon:</b> Pesto made with olive oil, light mayonnaise</p>
	<div style="display: flex; align-items: center;"> <div> <p><b>Healthy Eating Tip</b></p> <p><b>PORTION CONTROL:</b> Make at least half your plate vegetables for better portion control and weight management.</p> </div> </div>				
<b>STOP!</b>	<p><b>None that are deep fried</b></p>	<p><b>Mashed potatoes with added butter, cream, and salt:</b> French fries, tempura vegetables</p>	<ul style="list-style-type: none"> <li>• Applesauce, sweetened</li> <li>• Canned fruit with syrup</li> <li>• Cranberry sauce</li> <li>• Fruit juice</li> </ul>	<p><b>Breads:</b> Biscuits, cornbread, croissants, foccacia</p> <p><b>Cereal:</b> Less than 4 grams of fiber per serving, more than 8 grams of added sugar per serving</p>	<p>Butter, cream cheese, coconut, half and half, lard, margarine, gravy, shortening, sour cream, ghee, whipped cream</p>



Choosing a whole foods, plant-based diet has been shown to prevent and reverse chronic disease. Focus on the foods in the green **GO!** column for the best protection, slow down on the foods in the yellow **CAUTION!** column, and avoid or sparingly use the foods in the red **STOP!** column.

PROTEIN/ LEGUMES	DAIRY SUBSTITUTES	CHIPS/SNACKS/ SWEETS	SWEETENERS	OTHER
<p><b>All beans and legumes:</b> Garbanzo, kidney, black, navy, lentils, edamame, tofu, tempeh</p>	<p><b>Choose unsweetened:</b> Almond milk, soy milk, flax milk, cashew milk, coconut almond milk, soy yogurt, almond milk yogurt, non-dairy cheese</p>	<ul style="list-style-type: none"> <li>• Popcorn (air-popped)</li> <li>• Rye crisp breads</li> <li>• Whole grain crackers (Triscuits®)</li> <li>• Whole grain pita chips</li> <li>• Soy crisps</li> <li>• Brown rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Stevia</li> <li>• Monk fruit extract</li> <li>• Dried, unsweetened fruit such as dates, apricots, figs</li> </ul>	<p><b>Cooking ingredients:</b> No-salt-added canned diced tomatoes, low-sodium or no-salt-added tomato sauce, vinegar, salsa, dried herbs and spices and salt-free blends, fresh herbs, cocoa powder (unsweetened), lemon and lime juice, broth (low-sodium)</p> <p><b>Beverages:</b> Seltzer water, unsweetened tea</p>



**Healthy Eating Tip** | **HEALTHY FATS:** Whenever possible choose whole food forms of fat: nuts, seeds, avocados, or olives over processed oils.

PROTEIN	DAIRY	CHIPS/SNACKS/ SWEETS	SWEETENERS	OTHER
<p><b>Limit to 3 ounces per meal (size of a deck of cards or smart phone)</b></p> <p><b>All fresh seafood:</b> Wild salmon, tuna, trout, crab, shrimp</p> <p><b>Canned seafood packed in water:</b> Tuna, wild salmon, sardines</p> <p><b>Lean meat:</b> Skinless, white poultry, grass fed beef such flank, roast, round, sirloin, wild game, pork such as tenderloin, nitrate/nitrite free lean cold cuts such as turkey breast, chicken breast, ham</p> <p><b>Eggs:</b> Limit to 3 yolks per week</p> <p><b>Cheese:</b> Limit to 1 ounce per day</p>	<p><b>Recommended: 2 cups per day if not using dairy substitutes</b></p> <ul style="list-style-type: none"> <li>• Skim milk</li> <li>• 1% milk</li> <li>• Nonfat yogurt</li> <li>• Low fat yogurt</li> </ul> <p><b>Limit due to sodium content:</b> Vegan cheese</p> <p><b>Limit portion to a light topping on food:</b> Cheese</p>	<p><b>Chips, snacks, baked:</b> Chips, wheat crackers, pretzels, white rice cakes, graham crackers</p> <p><b>Sweets:</b> 70% cocoa or higher dark chocolate when limited to 1 ounce, fruit juice bar, fat free pudding, sorbet</p>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Natural maple syrup</li> <li>• Agave nectar</li> </ul>	<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• Mustard</li> <li>• Soy sauce (low-sodium)</li> <li>• Tabasco® sauce</li> <li>• Worcestershire® sauce</li> </ul> <p><b>Limit to 1 serving per day for women, 2 servings per day for men:</b></p> <ul style="list-style-type: none"> <li>• Beer (12 ounce serving)</li> <li>• Wine (6 ounce serving)</li> </ul>

PROTEIN	DAIRY & DAIRY SUBSTITUTES	CHIPS/SNACKS/ SWEETS	SWEETENERS	OTHER
<p><b>Canned seafood packed in oil:</b> Anchovies, tuna, sardines, salmon, herring</p> <p><b>Fatty cuts of meat:</b> Beef such as Porterhouse, prime rib, ribeye, dark meat poultry with the skin, hot dogs, lunch meat, pork such as bacon, ribs, sausage, etc, high fat cold cuts that contain nitrate/nitrites such as salami, pepperoni, bologna</p>	<ul style="list-style-type: none"> <li>• Coconut milk</li> <li>• Whole milk</li> <li>• Full fat yogurt</li> <li>• Kefir</li> </ul>	<p><b>Chips, snacks, fried:</b> Potato chips, tortilla chips, corn chips</p> <p><b>Crackers:</b> Saltines, oyster, buttered type, made with enriched flour</p> <p><b>Sweets:</b> Milk chocolate, soda, sweet tea</p>	<ul style="list-style-type: none"> <li>• Sugar/brown sugar</li> <li>• Corn syrup</li> <li>• High fructose corn syrup</li> <li>• Malt syrup</li> <li>• Powdered sugar</li> <li>• Invert sugar</li> <li>• Molasses</li> </ul>	<ul style="list-style-type: none"> <li>• Salt</li> <li>• Creamer, powdered and liquid</li> <li>• Whipped topping</li> </ul>



# Heart Failure Zones

## Every day you should:

- Weigh yourself in the morning before breakfast. Write it on the chart and compare it to yesterday's weight.
- Take your medication as prescribed.
- Check for swelling in your feet, ankles, legs, and stomach.
- Eat low-salt food.
- Balance activity with rest periods.



## Which Heart Failure Zone are you in today?

<b>Green Zone</b>	<p><b>All Clear: This zone is your goal.</b> Your symptoms are under control. You have:</p> <ul style="list-style-type: none"> <li>• No shortness of breath</li> <li>• No weight gain of more than two pounds</li> <li>• No swelling of your feet, ankles, legs and stomach</li> <li>• No chest pain</li> </ul>
<b>Yellow Zone</b>	<p><b>Caution: This zone is a warning.</b> Call your doctor's office if you:</p> <ul style="list-style-type: none"> <li>• Have a weight gain of three pounds in one day or a weight gain of five pounds or more in one week.</li> <li>• Have more shortness of breath.</li> <li>• Have more swelling of your feet, ankles, legs, and stomach.</li> <li>• Feel more tired. Have no energy.</li> <li>• Feel dizzy.</li> <li>• Have a dry, hacking cough.</li> <li>• Feel uneasy; you know "something is not right."</li> <li>• Have trouble breathing when you lie down; you need to sleep with more pillows or sitting up.</li> </ul> <p>Dr. .... Phone number .....</p>
<b>Red Zone</b>	<p><b>Emergency.</b> Go to the emergency room or call 9-1-1 if you have any of the following:</p> <ul style="list-style-type: none"> <li>• Struggling to breathe; shortness of breath even while sitting still</li> <li>• Chest pain</li> <li>• Confusion or can't think clearly</li> </ul>



## Daily Weight and Blood Pressure Chart

This is a five-month daily weight and blood pressure chart. Start by copying this sheet. Weigh yourself at the same time every day. Record your daily weight and blood pressure. Bring this chart to the doctor on your next visit.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ex: Week of 01/01/24	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80
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## Daily Weight and Blood Pressure Chart – continued

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ex: Week of 01/01/24	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80	Wt:150 BP:120/80
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## About El Camino Health

El Camino Health provides a personalized healthcare experience at two not-for-profit hospitals as well as primary care, multi-specialty care, and urgent care locations across Santa Clara County.

Bringing together the best in technology and advanced medicine, our network of physicians and care teams delivers high-quality, compassionate care.



### **Mountain View Campus**

2500 Grant Road  
Mountain View, CA 94040

### **Los Gatos Campus**

815 Pollard Road  
Los Gatos, CA 94032

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