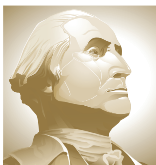




Understanding *Heart Failure*



THE GEORGE WASHINGTON
UNIVERSITY **HOSPITAL**

DEFINING MEDICINE

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Section 1: What is Heart Failure?

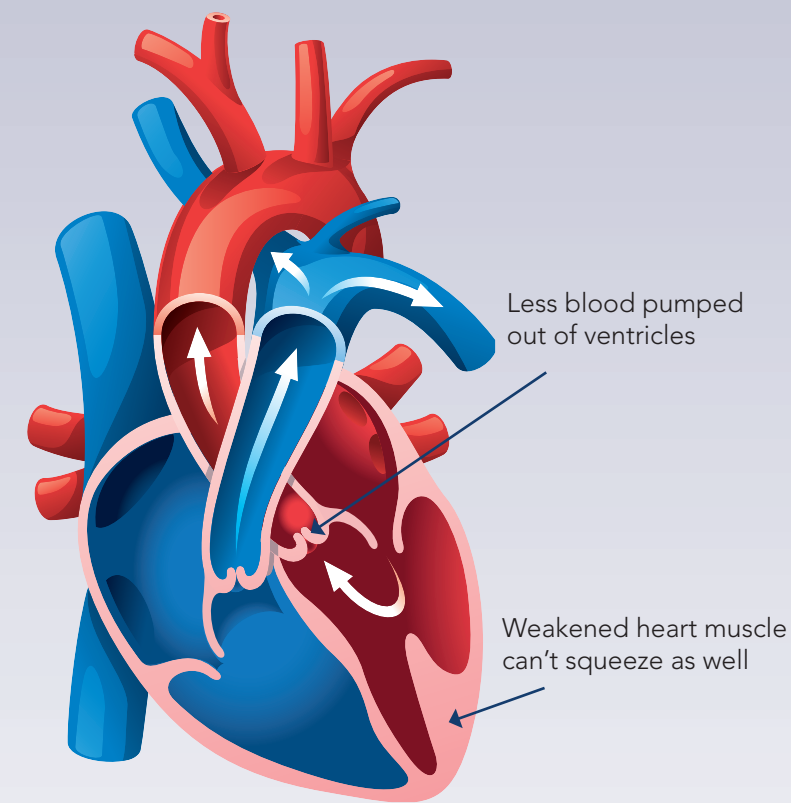
- ♥ The heart is a muscle that pumps blood and oxygen to the body.
- ♥ Heart failure occurs when your heart muscle is weakened and cannot pump blood normally to meet your body's needs.
- ♥ Heart failure can make you feel weak, tired and dizzy and experience loss of appetite.
- ♥ It can cause fluid to leak out of your blood vessels into your lungs and body tissues.
- ♥ Fluid in the lungs can make you feel short of breath. You may cough more or wake up at night short of breath.
- ♥ Fluid in the body tissues can cause your legs, feet and belly to swell.

Heart failure is a lifelong condition. The guidelines in this booklet are designed to help your heart work better and help make you feel better.

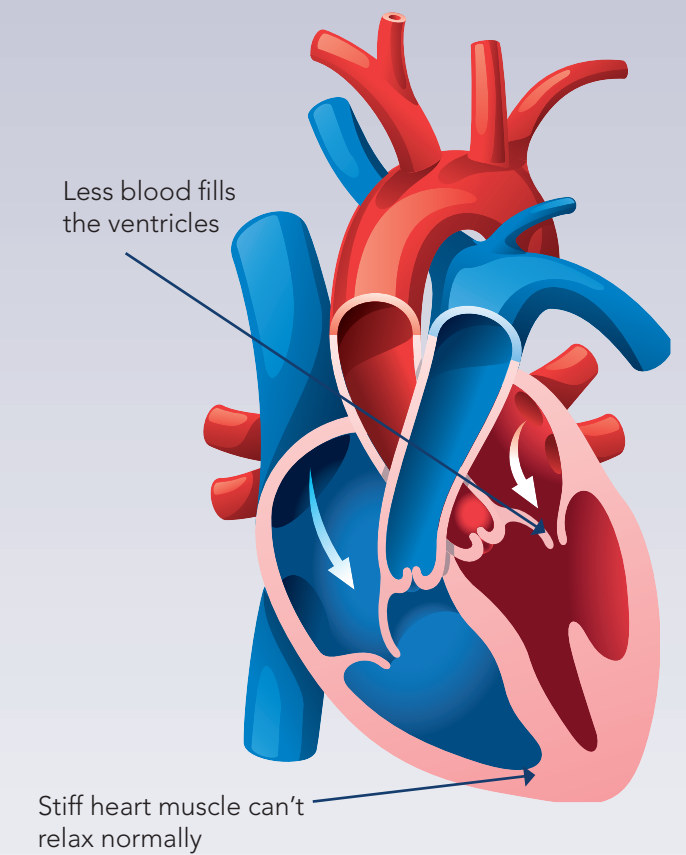
The Two Kinds Of Heart Failure

1 Systolic: Weakened heart muscle cannot pump blood out well

2 Diastolic: Stiff heart muscle limits normal filling of blood into the heart



Systolic Heart Failure




Diastolic Heart Failure


Section 2: What Is Ejection Fraction?

- ♥ The Ejection Fraction compares the amount of blood in the heart to the amount of blood pumped out.
- ♥ The fraction or percentage helps describe how well the heart is pumping blood to the body.
- ♥ Ejection Fraction is measured with a test called an echocardiogram. An echocardiogram is an ultrasound of the heart.
- ♥ With the proper care and treatment, many patients are able to improve their ejection fraction, which supports a longer and healthier life. Talk to your physician about your Ejection Fraction and your treatment options.


Source: American Heart Association



HF and Your Ejection Fraction Explained



The Ejection Fraction compares the **amount of blood in the heart** to the **amount of blood pumped out**. The fraction or percentage helps describe how well the heart is pumping blood to the body.



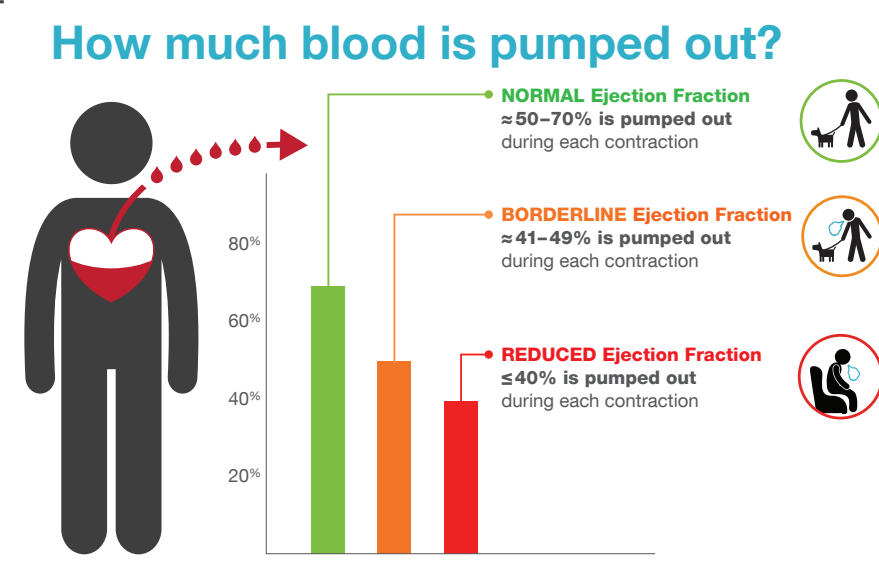
EJECTION FRACTION

=

amount of blood pumped out

amount of blood in chamber


How much blood is pumped out?



Ejection Fraction Category	Percentage of Blood Pumped Out
NORMAL Ejection Fraction	≈ 50–70% is pumped out during each contraction
BORDERLINE Ejection Fraction	≈ 41–49% is pumped out during each contraction
REDUCED Ejection Fraction	≤ 40% is pumped out during each contraction


It is also possible to have a diagnosis of heart failure with a seemingly normal (or *preserved*) ejection fraction of greater than or equal to 50%.

♥ **With the proper care and treatment**, many patients are able to improve their ejection fraction and live a longer and healthier life. Talk with your healthcare provider about your options.



www.RiseAboveHF.org

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Section 3: Monitoring Your Weight

Weigh Yourself Daily

Weighing yourself each day is the most effective way to know if your prescribed medications and treatment are working. Small changes in your weight can indicate that your body is retaining extra fluid. Monitoring your weight can help your care providers make adjustments to your personal plan so you can feel better. It may also help you spend less time in the hospital, live longer and improve your quality of life.

How To Weigh Yourself

- ♥ Monitor your weight daily.
- ♥ The best time to weigh yourself is first thing in the morning.
- ♥ Do not drink or eat anything before you weigh yourself.
- ♥ Empty your bladder first.
- ♥ Make sure you wear the same amount of clothing every time you weigh yourself.
- ♥ Always use the same scale.
- ♥ Record your weight in a daily log.
- ♥ If you gain more than two pounds overnight or more than five pounds in less than a week, call your healthcare provider.

How To Baseline Your Weight

The day after you are discharged from the hospital, weigh yourself as soon as you get up, before you eat or drink anything, after you have emptied your bladder and while wearing your sleepwear. Write down your weight and the date in your log book. This is your baseline weight.

Section 4: Monitoring Your Blood Pressure

In addition to monitoring your weight everyday, it's important to check your blood pressure daily. Before you take your medications, take your blood pressure and record it in your log.

If you need to call your healthcare provider because of a weight change, you will also need to provide your blood pressure information. Recording your daily readings will help your physician determine if your medications are working effectively or if they need to be adjusted.

There is no standard blood pressure for every patient. Ask your doctor what your blood pressure should be.



Section 5: Medications to Help Your Heart

Why Is It Important To Take Medications?

- ♥ They help you feel better so you can do more of the things you enjoy
- ♥ They help your heart work better
- ♥ They help you stay out of the hospital
- ♥ They can help improve your heart's pumping action over time.

How Do I Take My Medications?

It is important to take your medications as instructed by your doctor or nurse. Patients who take their medications as prescribed may live longer, feel better and spend less time in the hospital.

What Do I Need To Know About My Heart Failure Medications?

The following chart provides an overview of common medications prescribed to manage heart failure.

KIND OF MEDICATION	WHAT IT DOES	COMMON NAMES	SIDE EFFECTS
Angiotensin Converting Enzyme (ACE) Inhibitors, Angiotensin Receptor Blockers (ARB's)	Lower your blood pressure and decrease strain on the heart. They make it easier for the heart to pump.	Lisinopril Enalapril Losartan Valsartan	Cough Low blood pressure Skin rash Kidney problems Swelling of face and throat
Beta Blockers	Help lower your blood pressure and slow your heart rate. This lessens the work your heart has to do.	Carvedilol Metoprolol Bisoprolol	Fatigue Slow heart rate Low blood pressure Wheezing
Water Pills, also called diuretics	Help your body get rid of excess water. This helps prevent swelling.	Furosemide Bumetanide Torsemide HCTZ Metolazone	Low blood pressure Dizziness Kidney problems Leg cramps
Aldosterone Antagonists	Help alter hormones and decrease strain on the heart	Spironolactone Eplereonone	Low blood pressure Dizziness Kidney problems
Digitalis	Helps your heart pump with more strength. This helps your heart pump more blood with each beat.	Digoxin	Taking too much can cause: Nausea Loss of appetite Vomiting Headache Abnormal vision Irregular heart beat
Sacubtril/Valsartan	Lowers your blood pressure and decreases strain on the heart	Entresto	Cough Low Blood Pressure Skin Rash Kidney Problems Swelling of Face and Throat



What Important Facts Do I Need To Know About Taking My Medications?

- ♥ Know the names of all your medications and how they work.
- ♥ Always keep a list of your medications with you.
- ♥ Take your medications as scheduled, at the same time every day.
- ♥ Even if you are feeling better, do not stop taking your medications or change the dosage unless you talk to your doctor.
- ♥ If you miss a dose, take it as soon as you remember UNLESS it is almost time for your next dose. *If so, skip the missed dose. DO NOT DOUBLE A DOSE.*
- ♥ Don't stop taking your medications. If you think you are experiencing a side effect, call your doctor right away.
- ♥ Be aware of drug interactions. Talk with your doctor before you take any other medications because some of them may cause problems with your heart medications.

My Personal Plan for Taking My Medications

Having a plan will help you succeed with taking your medications every day.

- ♥ Keep all your medications in one place.
- ♥ Make sure you always have enough medicine left in your pill bottles.
- ♥ Every time you pick up your medicine bottles, check the number of refills you have left. If the label says NO Refills or Refill 0, call your doctor right away.
- ♥ Get all your pills from the same pharmacy every time.
- ♥ Provide your doctor with a list of any vitamins, herbal supplements and over-the-counter medications you are taking.
- ♥ Keep an updated list of your medications and allergies with you at all times. Make sure to bring the list with you to your doctor appointment.

Section 6: The Heart Failure Diet

Why A Low-Salt Diet?

A low-sodium diet is recommended.

- ♥ A low-salt (sodium) diet will prevent and control the build up of extra water in your body, especially around the heart, lungs, abdomen and legs.
- ♥ Water goes where salt goes: too much salt in your body will cause you to have too much water in your body.
- ♥ Extra water in your body (fluid retention) can make you lose your appetite, feel tired or become short of breath.
- ♥ Taking in too much salt can increase your blood pressure, making your heart work harder.
- ♥ Limiting the amount of salt you eat and drink can help you feel better and prevent future problems with your heart and other organs.

How To Read A Food Label

There are many hidden sources of salt in food, so it is important to read food labels.

- ♥ Choose foods called:
 - Low sodium
 - No salt added
 - Sodium free
- ♥ Count your milligrams of sodium as the day goes on

Source: NutritionData.com

1 Look at the serving size

2 Look at the sodium per serving

This food has 30mg of sodium in 1/2 cup.

This food is a good choice!

Watch how much you eat.

Nutrition Facts	
Serving Size 1/2 cup (120g)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 20	
	% Daily Value*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 10g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

What Is The Right Daily Allowance Of Salt?

- ♥ A typical low-sodium diet plan is 2000 mg or less of sodium per day
- ♥ Every patient's condition is a little different. Talk to your nurse or doctor about any special instructions.
There is no single standard sodium limit for all patients with heart failure.

1 teaspoon salt=6 grams salt= 2.4 grams sodium (1 gram = 1,000 mg)

How Can I Maintain A Low-Salt Diet?

When eating at home:

- ♥ Don't add salt when cooking or eating
- ♥ Season foods with herbs, vinegar, lemon juice and no-salt seasonings
- ♥ Make your own sauces, salad dressings, breads and desserts or choose low-salt options
- ♥ Avoid "instant" foods packaged in a bag or a box
- ♥ Rinse canned foods before using them

When eating out:

- ♥ Request food cooked with no salt
- ♥ Avoid butter, cheese and sauces
- ♥ Avoid fried foods and select grilled, baked or steamed foods
- ♥ Choose oil and vinegar or lemon juice as a salad dressing
- ♥ Eliminate or limit fast food
- ♥ Avoid bacon, sausage, ham, hot dogs, bologna and other deli meats

What Other Things Do I Need To Know About A Low Salt Diet?

- ♥ Salt is also called sodium in many foods.
- ♥ Many foods you eat have salt, even if you can't see it, taste it and you have not added it yourself.
- ♥ Low-salt does not mean no salt. Your body and heart do need some salt to work normally.



What Foods Can I Eat On A Low-Salt Diet?

Refer to the guide at the end of this booklet for detailed information about the sodium content of various foods. Choose these low-salt foods:



What Foods Should I Avoid?

Avoid or limit these high-salt foods:



What Are Some Low-sodium Alternatives?

There are alternatives that can add flavor to food without increasing sodium. Some examples of low-sodium alternatives are:

- ♥ Juice or zest of fresh limes, lemons or oranges.
- ♥ Fresh garlic, onions or ginger that are peeled, grated or chopped.
- ♥ Fresh herbs such as parsley, basil, rosemary, thyme, oregano, mint or cilantro.
- ♥ Fresh chilies, chili power, or a few drops of hot sauce.
- ♥ Spices such as curry, cinammon, turmeric, paprika, black pepper, onion or garlic powders.
- ♥ Vinegar and olive, avocado or coconut oils.
- ♥ Salt-free seasonings such as Mrs. Dash®.

Will I Need To Limit My Fluid Intake?

The amount of daily fluid intake for heart failure patients varies. Your doctor may recommend that you restrict your fluids. It is important for you to follow your doctor's recommendation and drink the amount of fluid that is right for you.

Why Is Drinking The Right Amount of Fluid Important?

Balancing how much you drink and reducing salt can help you feel better. For those who take heart failure medicine but still have swelling or shortness of breath, this is especially important. Extra fluid causes your heart to work harder. To eliminate that extra fluid from your body, you need to drink less and expell more.

Fluids include water, juice, tea and milk. Things that melt like ice cream, gelatin or frozen treats are also considered fluids, as are foods containing water such as watermelon, applesauce and soup.

Tracking Your Daily Fluid Intake

- ♥ Keep a 2 liter container handy in the kitchen marked with your daily fluid allowance.
My daily fluid allowance is _____.
- ♥ Whenever you have a drink, refill the empty glass with the same amount of fluid from the container, then discard it. Throughout the day, the amount of fluid in the container will go down and show how much of your daily allowance remains.
- ♥ When your container is empty, you have had your fluid limit for the day.

How To Track Your Daily Fluid

1 Your container marks your daily fluid budget



2 When you take in some fluid, such as a glass of juice ...



3 ... refill the empty glass with the same amount of fluid from the container



4 Continue to keep track of your fluid intake throughout the day



5 When your container is empty, you have had your fluid limit for the day



1 Quart = 4 cups = 32 ounces = 960 ml

1 pint = 2 cups = 16 ounces = 480 ml 1 cup = 8 ounces = 240 ml



Section 7: Tips for Quitting Smoking

Quitting smoking is a gift to yourself, one of the best things you can do to keep your heart disease/heart failure from getting worse. Smoking reduces oxygen flow to your heart by speeding the buildup of plaque and changing the health of your blood vessels. This increases your risk for heart attack, also known as acute myocardial infarction, or AMI. Quitting helps reduce smoking's harmful effects.

You may have tried to quit before, but don't give up. Try again.

Many smokers try 4 or 5 times before they succeed. It is never too early to benefit from smoking cessation, especially if you already have chronic conditions such as high blood pressure and high cholesterol that put you at increased risk for cardiovascular disease.

You'll have the best chance of success if you join a stop-smoking group and have the support of your doctor, family and friends.

Line up help

- ♥ Ask for the support of your family and friends.
- ♥ Join a smoking cessation class, or ask your healthcare provider for a referral to a psychologist who specializes in helping people quit smoking.
- ♥ Ask your healthcare provider about nicotine replacement products and prescription medicines that can help you quit.

Set a quit date

- ♥ Choose a date within the next 2 to 4 weeks.
- ♥ After picking a day, mark it in bold letters on a calendar.

Your quit list

Ideas to stop smoking include:

1. Start by giving up cigarettes at the times you least need them.
2. Keeping a piece of fruit close by at the times you are most vulnerable to reach for a cigarette.
3. Using a nicotine replacement product instead of a cigarette.

Write down a few more ideas.

Set Limits

- ♥ Limit where you can smoke. Pick one room or a porch, and smoke only in that place.
- ♥ Make smoking outdoors a house rule. Other smokers won't tempt you as much.
- ♥ Speak to smokers around you about your intent to stop smoking so they can show consideration for you and limit their smoking around you.
- ♥ Hang a list of "quit benefits" in the spot where you smoke. Put one on the refrigerator and one on your car dashboard.

For more information

- ♥ smokefree.gov/talk-to-an-expert
- ♥ National Cancer Institute Smoking Quitline: 877-44U-QUIT (877-448-7848)



Section 8: Heart Failure and Exercise

Exercise is very important! Since each person's condition is different, it's important to know what program is right for you. **Always check with your doctor or healthcare provider before you begin any exercise program.**

Why Should You Exercise?

- ♥ It improves blood cholesterol levels to help prevent further heart trouble
- ♥ It lowers blood pressure to help prevent a stroke or heart attack
- ♥ It helps control diabetes or reduce the risk of getting the disease
- ♥ It improves heart and lung function
- ♥ It will make muscles stronger and more limber so you can stay active
- ♥ It helps prevent falls and fractures by slowing the loss of bone mass (osteoporosis)
- ♥ It helps to manage stress

How Do You Exercise Safely?

- ♥ Walk – it is easy, fun and free.
- ♥ Add movement to things you already do now – park your car at the far end of a lot, walk to the store and walk to mail letters.
- ♥ Choose activities you enjoy such as gardening, swimming, riding a bike or walking your dog.
- ♥ Sweep, vacuum or dust.
- ♥ Exercise with a friend or a partner.
- ♥ Start slowly by exercising five minutes a day. Your body needs to gradually build endurance.
- ♥ Do not exercise outside when it is very hot, cold or when the air quality is poor.
- ♥ Plan for rest periods between activities.
- ♥ You should be well rested when you begin to exercise: if you are tired, rest first. Do not exercise if you don't feel well.
- ♥ Do not do any movements that cause pain.
- ♥ Wear comfortable footwear like sneakers.

STOP Exercising if you experience any of the following:

- ♥ Difficulty breathing
- ♥ Heart skipping or fluttering
- ♥ Coughing
- ♥ Pain
- ♥ Dizziness
- ♥ Heart beating fast or pounding
- ♥ Extreme weakness or feeling tired
- ♥ Chest discomfort

If you feel any of these symptoms, immediately sit down and rest. If your symptoms continue, call your doctor or go to the nearest Emergency Room.

Section 9: Importance of Follow-Up Appointments

Why Is It Important To Follow-Up With My Cardiologist And Primary Care Physician And Keep My Lab And Testing Appointments?

- ♥ To make sure your medications are working well and make adjustments if necessary.
- ♥ To check your physical condition and make sure you are staying at your optimal level of health.
- ♥ To answer any questions that have come up since you began your routine at home.
- ♥ To provide recommended lab and tests results that help your physician make decisions about your care.

Is There Anything Else I Should Know About Follow-Up Appointments?

- ♥ Always bring your log book with you to your doctor appointments.
- ♥ Make your appointments on the same days you are asked to see the doctor. Ensure you are available on that day and make transportation arrangements in advance if needed.



Section 10: The Heart Failure Zone Chart

Symptoms are warnings signs that your heart failure may be worsening. A Heart Failure Zone Chart is a daily checkup that can help you be aware of changes quickly.

The Heart Failure Zone Chart

Review your health and symptoms daily and record your results in your log . Follow the instructions at the bottom of each section that describes how you are feeling.

Source: American Heart Association



Self-Check Plan for HF Management



Excellent – Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet and legs look normal for you



Weight check stable
Weight: ____



No sign of chest pain

**GREAT!
CONTINUE:**



Daily Weight Check



Meds as Directed



Low Sodium Eating



Follow-up Visits

Pay Attention – Use Caution!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, feet, and ankles



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



Discomfort or swelling in the abdomen



Trouble Sleeping

CHECK IN!

Your symptoms may indicate:



A need to contact your doctor or provider



A need for a change in medications

Medical Alert – Warning!



Frequent dry, hacking cough



Shortness of breath at rest



Increased discomfort or swelling in the lower body



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



New or worsening dizziness, confusion, sadness or depression



Loss of appetite



Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.



Call your physician or call **911**

Section 11: Heart Failure Goal Chart

Use this chart to track your heart failure self-management goals. You will determine your goals and fill out this chart with your nurse. Striving to achieve these goals can help you succeed in effectively managing your heart failure and feeling your best.

Heart Failure Goal Chart

GOAL	MEASURE	GOAL DATE
1	I will call my doctor immediately if I notice signs of my condition worsening.	-Gaining more than 2lbs in 24 hours -Becoming more short of breath
2	I will take my medications as prescribed.	-Use a pill box -Write a list of my medications, doses and frequency
3	I will carry a current list of my medications.	-Bring my list to the doctor
4	I will follow a low-salt diet.	-Don't add salt to my food when cooking or eating -Use a salt substitute -Read food labels
5	I will weigh myself daily and record it in my log.	-Increase my water pill if I gain weight -Inform my doctor
6	I will get a flu shot and get a pneumonia vaccine if I haven't had one.	-Every fall, get the flu shot
7	I will reduce my intake of fatty foods.	Eat more -fruit -salad -vegetables -lean meat
8	I will quit smoking.	-Reduce the number of cigarettes I smoke to ___ per day
9	I will limit how much alcohol I drink.	-No more than 2-3 drinks per week
10	I will exercise daily. My exercise will be: -----	-___ days per week -___ minutes per day
11	I will limit my fluid intake as recommended.	-___ ounces per day
12	I will keep my follow-up appointment.	-My appointment is on _____

Section 12: Helpful Resources and References

Are there other helpful resources I can contact to learn more about living with Heart Failure? Yes there are! Here is a list you may find useful.

American Heart Association

www.heart.org
1-800-AHA-USA-1
(1-800-242-8721)

Heart Failure Society of America

www.hfsa.org
1-888-213-4417

The Mended Hearts, Inc.

www.mendedhearts.org
1-888-HEART-99
(1-888-432-7899)

Needy Meds

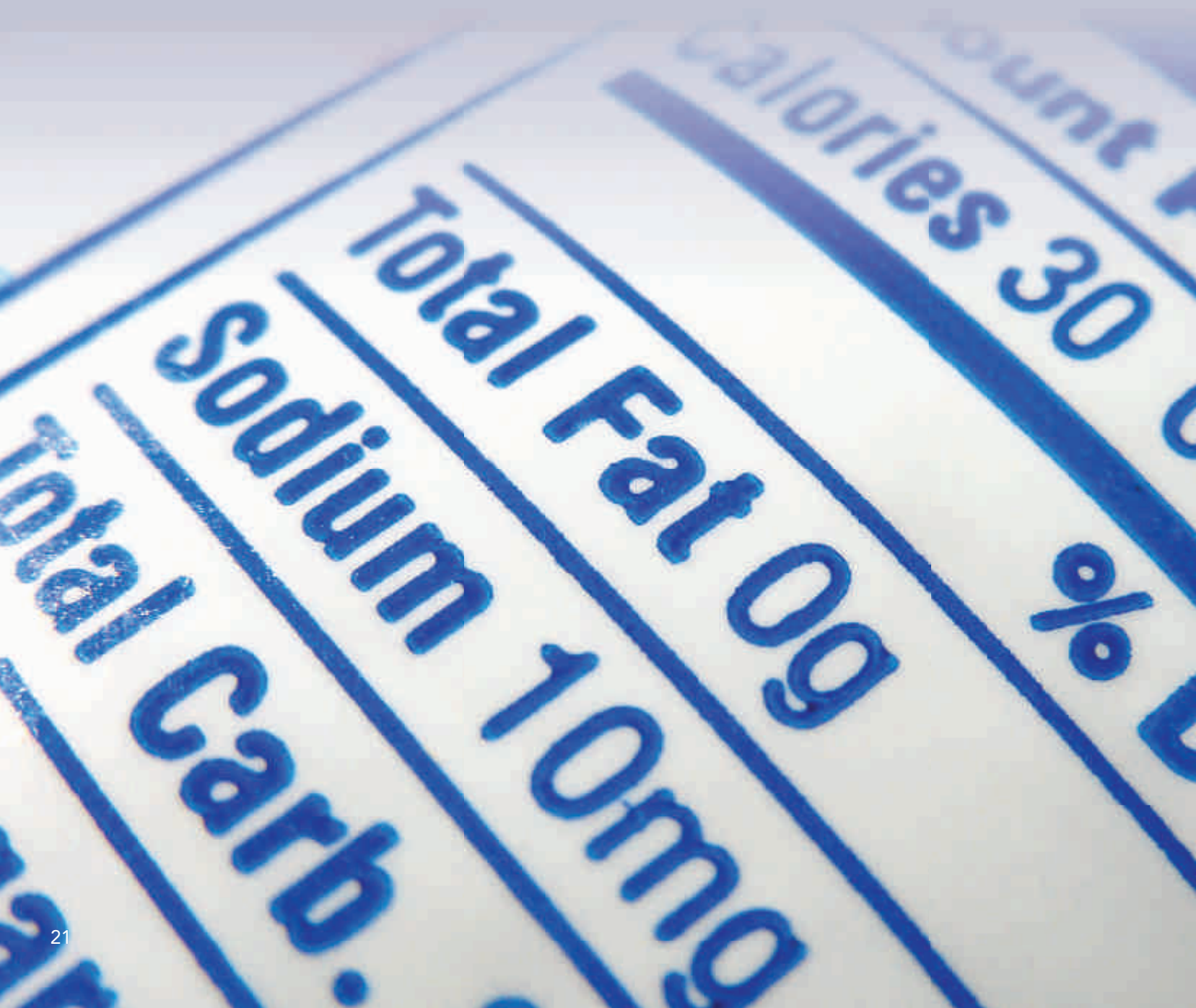
www.needymeds.org
1-800-503-6897



Section 13: Sodium (Salt) Content Of Foods

Sodium (Salt) Content Of Foods

- ♥ Eating more than the serving size for a moderate or low-sodium food will make it a high-sodium food. Foods that are made with high-sodium ingredients will also be high in sodium.
- ♥ In the guide below, all foods are cooked unless noted. Meat is roasted, fish is cooked with dry heat and vegetables are cooked from fresh. Fruit is raw.
- ♥ This is only a guide. Actual values may vary depending on the product and/or processing. Canned and processed foods may have higher sodium content.
- ♥ Values are rounded to the nearest 5-milligram (mg) increment and may be averaged with similar foods in the group.



High Sodium (more than 300 mg)

Food	Serving	Milligrams (mg)
Bacon	2 slices	300
Bagel, 4" : egg	1 each	450
Bagel, 4" : plain, onion, or seeded	1 each	400
Barbecue sauce	2 Tbsp	350
Beans, baked, plain	½ cup	435
Beans, garbanzo	½ cup	360
Beans, kidney, canned	½ cup	440
Beans, lima, canned	½ cup	405
Beef, dried	1 oz.	790
Biscuit, 2½	1 each	350
Catsup	2 Tbsp	335
Cheese, American	1 oz	400
Cheese, cottage	½ cup	460
Cheese, feta	1 oz	315
Corn, creamed, canned	½ cup	365
Croissant	2 oz	425
Fish, salmon, canned	3 oz	470
Fish, salmon, smoked	3 oz	670
Fish, sardines, canned	3 oz	430
Frankfurter, beef or pork	1 each	510
Ham	3 oz	1,125
Lobster	3 oz	325
Miso	½ cup	1,280
Mushrooms, canned	½ cup	330
Pickle, dill	1 large	570
Potatoes, au gratin or scalloped	½ cup	500
Pretzels	1 oz	400
Pudding, instant, chocolate, prepared with milk	½ cup	420
Salad dressing, Italian, commercial	2 Tbsp	485
Salami, dry or hard	1 oz	600
Salt, table	1 tsp	2,325
Sauerkraut, canned	½ cup	780
Soup, canned	1 cup	700-1,000
Soy sauce	1 Tbsp	900
Teriyaki sauce	1 Tbsp	690
Tomato or vegetable juice, canned	½ cup	325
Tomato sauce, canned	½ cup	640
Tomato sauce, spaghetti or marinara	½ cup	510
Vegetable or soy patty	1 each	380

Moderate Sodium (140-300 mg)

Food	Serving	Milligrams (mg)
Asparagus, canned	4 spears	205
Beans, green or yellow, canned	½ cup	175
Bologna, pork and beef	1 oz	210
Bread, pita, 4	1 each	150
Bread, pumpernickel or rye	1 slice	215
Bread, white	1 slice	170
Carrots, canned	½ cup	175
Cereal, raisin bran	½ cup	175
Cheese: muenster, mozzarella, cheddar	1 oz	175
Cheese, Parmesan	2 Tbsp	150
Cheese, provolone, part-skim	1 oz	250
Cheese, ricotta	½ cup	155
Corn, canned	½ cup	285
Crab, canned	3 oz	240
English muffin	1 each	250
French fries	10 fries	200
Greens, beet	½ cup	175
Milk, buttermilk	1 cup	260
Milk, chocolate	1 cup	165
Milkshake	8 oz	240
Muffin	2 oz	250
Nuts, mixed, salted	1 oz	190
Olives, ripe, canned	5 large	190
Pancake or waffle, 4	1 each	240
Peanuts, salted	1 oz	230
Peas, green, canned	½ cup	215
Potato chips	1 oz	190
Potatoes, mashed, prepared from dry mix	½ cup	170
Pudding, ready-to-eat	½ cup	160
Pudding, vanilla, from mix	½ cup	225
Roll, hot dog or hamburger	1 each	205
Salad dressing	2 Tbsp	200-300
Salsa	2 Tbsp	195
Sausage, pork	1 oz	200
Tomatoes, canned	½ cup	170
Tomatoes, stewed, canned	½ cup	280
Tortilla, flour, 6	1 each	205
Tuna, canned in water	3 oz	290
Yogurt, plain or fruited	8 oz	100-175

Low Sodium (less than 140 mg)

Food	Serving	Milligrams (mg)
Beets, canned	½ cup	115
Bread, Italian	1 slice	120
Bread, wheat	1 slice	130
Butter, salted	1 Tbsp	80
Cereal, breakfast: corn, bran, or wheat	½ cup	100-150
Cheese, Swiss	1 oz	55
Egg substitute, liquid	¼ cup	110
Egg, whole	1 large	70
Fish: pollock, swordfish, perch, cod, halibut, roughy, salmon	3 oz	60-100
Frozen yogurt	½ cup	65
Gelatin, prepared from mix	½ cup	100
Ice cream	½ cup	55
Margarine, regular	1 Tbsp	135
Milk, all types	1 cup	100
Milk, evaporated, canned	½ cup	135
Mustard	1 tsp	55
Peanut butter	1 Tbsp	75
Peas, green, frozen	½ cup	60
Seeds, sunflower	1 oz	115
Soy milk	1 cup	125
Spinach	½ cup	65
Spinach, frozen	½ cup	90
Sweet potato, baked in skin	1 medium	40
Turkey, light or dark meat	3 oz	60
Yogurt, plain or fruited	8 oz	100-175

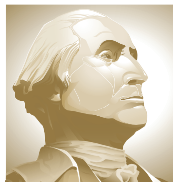
Very Low Sodium (less than 35 mg)

Food	Serving	Milligrams (mg)
Apricots, canned	½ cup	5
Beans, white, canned	½ cup	10
Beef, ground	1 oz.	20
Beer, regular	12 oz	15
Broccoli	½ cup	30
Broccoli, raw	½ cup	15
Brussels sprouts	½ cup	15
Cabbage, raw or cooked	½ cup	5
Carbonated beverages	12 oz	20-40
Cauliflower	½ cup	10
Cauliflower, raw	½ cup	15
Dried beans and peas	½ cup	5-20
Greens: beet, collard, mustard	½ cup	10-20
Honeydew	½ cup	30
Lettuce, leaf	1 cup	15
Noodles	½ cup	10
Oatmeal	½ cup	5
Peaches, canned	½ cup	5
Pears, canned	½ cup	5
Pork	1 oz	25
Potato, baked with skin	1 medium	20
Rice, brown or wild	½ cup	5
Sherbet	½ cup	35
Soybeans	½ cup	15
Spinach, canned, drained	½ cup	30
Spinach, raw	1 cup	25
Tofu, firm	¼ cup	10
Wine, table, all types	5 oz	10

Sodium Free (less than 5 mg)

Food	Serving
Avocado	1 oz
Beans: navy, black, pinto	½ cup
Nuts: almonds, pecans, or walnuts, unsalted	1 oz
Oil, all types	1 Tbsp
Popcorn, air popped	1 cup
Raisins, seedless	¼ cup
Rice, white	½ cup
Tomato, raw	1 medium
Fruit and juices not previously listed	1 piece or ½ cup
Vegetables not previously listed	½ cup

Sources: US Department of Agriculture Agricultural Research Service, USDA National Nutrient Database for Standard Reference and Nutrient Data Laboratory



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DEFINING MEDICINE

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