

# Congestive Heart Failure Nutrition Guide



# What is Congestive Heart Failure?

Congestive heart failure (CHF) and heart failure (HF) are two terms that are used interchangeably. It is important to note that congestive heart failure refers to when you have chronic fluid build up. This chronic fluid build up is why you may have gained weight.

The term “heart failure” is slightly misleading. It does not mean your heart has stopped working as the word “failure” might suggest. Heart failure happens when the heart can no longer pump as much blood as it should be pumping. Either the heart is not as strong as it used to be or it is receiving less blood.

Your body depends on the heart to pump oxygen and nutrients to all of the cells in the body. When the cells receive enough oxygen and nutrients, the body is able to function as it should. Since heart failure causes your heart to weaken, the body’s cells do not receive enough oxygen and nutrients which explains why some everyday activities can feel challenging.



## Nutrition Matters for CHF

The food and drinks that you consume have an impact on how you feel each day. We want to support you in your journey to better health. As you begin or continue to include more healthy foods in your daily routine, take note of whether you experience any of the following changes. If you experience any of these changes, you need to contact your doctor.

**Increased or decreased blood pressure.**

**Increased or decreased pulse.**

**Dizziness when standing.**

Your doctor may want to update your medications based on how your diet has changed. If you have any questions about your care or changes in the way you feel, please reach out to your doctor.



NourishedRx is here to support you with nutrition education for your Congestive Heart Failure (CHF). We want to provide you with all the information you need to stay healthy and feel your best.

## Reasons to Call Your Doctor

Paying close attention every day to your body and how you feel is an important part of managing CHF or HF. Reach out to your doctor immediately if you experience any of the changes listed below. You do not need to wait for your next appointment. The faster you reach out to your doctor, the better your chances are of avoiding a trip to the hospital or emergency room.

- Weight gain of 2-3 pounds in one day or more than 5 pounds in one week
- Increased swelling in your ankles or feet
- Swelling, pain or a feeling of fullness in your abdomen.
- Chest pain that gets better with rest
- New shortness of breath not related to exercise
- Fast heart rate (more than 120 beats per minute when resting)
- Irregular heartbeat
- Less appetite
- Nausea or vomiting
- Dark urine
- Trouble breathing when lying down
- Coughing
- Low energy or new fatigue
- New confusion
- Feeling dizzy or lightheaded
- If you get sick with a cold, flu, or any other respiratory condition like COVID-19
- Anything else that makes you feel worried about your health

The reasons these changes might happen can be different for everyone. For example, you might notice that some of these changes happen when you exercise too hard or when you forget to take your medicine. Whatever the reason, reach out to your doctor as soon as you can.

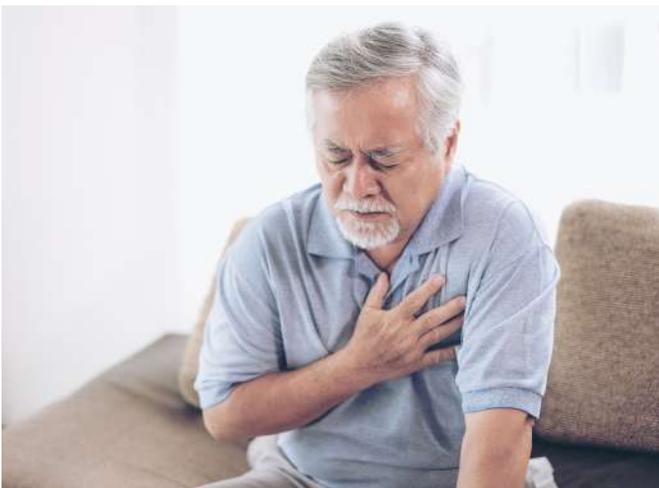


## Reasons to Go to the Emergency Room

Having CHF puts you at risk for sudden or acute heart failure. Knowing the symptoms can help save your life.

Call 911 or go to the emergency room if you have any of these changes or symptoms:

- If you have any of the issues mentioned in the “Reasons to Call Your Doctor” section and you cannot reach your doctor within a couple hours.
- You are coughing up pink, foamy mucus.
- You have severe shortness of breath that won’t go away or is getting worse.
- You have pain or tightness in your chest.
- You have gained more than 3 pounds in one day.
- You feel very confused.



# CHF Treatment Overview

There are some side effects of the medications used to treat CHF. Stopping your medications can be dangerous and could cause your health to get worse. Contact your doctor before making any changes to your plan.

It is important to NOT take any over-the-counter medications unless you have cleared it with your doctor first. Avoid the medications listed on the right until you talk to your doctor.

- Pain relievers (non-steroidal) : Ibuprofen, Advil, Motrin, Aleve, and Nuprin
- Medicines that include sodium, like Alka-Seltzer
- Cold and flu medicines, including those that contain the ingredient “pseudoephedrine” such as Sudafed

## Know Your Medications at All Times

It is important to know exactly what and how much you are taking for all of your medications. Some medications can interfere with each other and put your health at risk. Some supplements and herbs can also impact how well your medicine works. Always check with your doctor first.

Consider writing down a list of all your current medications and supplements, including how much you are taking. Keep that list in your wallet at all times just in case you have an emergency. It can also be helpful to share your list with a loved one so that they can help you in an emergency situation.

If you think you are experiencing any side effects, contact your doctor before making any changes to your medication.

If you have any swelling on your lips, mouth or tongue, you must get help right away as this might be a sign of a serious allergic reaction.

**Having CHF puts you at risk of sudden or acute heart failure.  
Knowing the symptoms can help save your life.**

# CHF Diet Overview

There are many ways to support your heart health through diet. We will outline some of the main ways this can be done, such as watching your sodium intake, being conscious of fluid intake, eating heart healthy snacks, and building a balanced plate. Together we can take steps towards better health.



## Let's Get Specific About Sodium

Salt is a key player when it comes to managing your CHF symptoms.

Too much salt can cause problems. Have you ever experienced swelling in your legs, ankles, or feet? The high intake of sodium in your diet causes this fluid retention that you experience. Fluid build up also leads to more stress on the heart.

You can prevent fluid build up by monitoring your daily sodium intake.

Reducing the amount of salt in your diet can be hard! Processed foods are often made with large amounts of salt to add flavor. For the same reason, restaurants also use high amounts of salt. Your taste buds become used to the extra salt which can make lower sodium foods seem less tasty.



**Don't worry, over time, your taste buds can adjust to a lower level of salt!**

## How much is too much?

The recommended amount of sodium for someone with CHF is between 1,200mg and 2,000mg per day. The amount you need depends on your health, age, and medications.

Did you know that 1 teaspoon (tsp) of salt equals 2300 milligrams (mg) of sodium? That means the recommended amount is no more than 1 teaspoon per day. Now that you are aware of this, let's remove the salt shaker from the table.



**1/4 teaspoon salt = 575 mg sodium**

**1/2 teaspoon salt = 1150 mg sodium**

**3/4 teaspoon salt = 1725 mg sodium**

**1 teaspoon salt = 2300 mg sodium**

## Sources of Sodium

The American Heart Association has identified the "Salty Six," six popular foods with high amounts of sodium:

Breads and rolls, Pizza, Sandwiches, Canned soup, Cold cuts and cured meat (deli meat), Burritos and tacos.

Other common high sodium foods are:

Condiments and Sauces (ketchup, mustard, BBQ sauce, soy sauce, Worcestershire sauce), pickles, olives, salted nuts and seeds, cheese, frozen entrees, snacks such as chips.

## Packaged, Canned, and Frozen Foods Contain Some of the Highest Amounts of Sodium.

Sometimes it is impossible to avoid these items. The good news is you don't always have to!

You can still purchase these items AND keep your sodium intake down. If you start reading nutrition labels and labels on packages you will become aware of the many low-sodium options available (see image below!). When we take the time to read what is in our food we are able to make more mindful and healthy choices.

When it comes to sodium, there are four ways that food can be labeled on a package. On the next page, we take a closer look at nutrition labels. Refer to the picture on that page to better understand where to find the sodium information on a label to make sure you are buying the best option.



### **Sodium-Free**

**Less than 5 mg**  
of sodium in each serving

### **Low Sodium**

**140 mg or less**  
of sodium in each serving

### **Very Low Sodium**

**45 mg or less**  
of sodium in each serving

### **Light in Sodium**

**<50% original amount**  
of sodium in each serving

# Reading Nutrition Labels: Sodium

Check out the nutrition label to the right to see exactly what we are referring to. Here is an example of a nutrition label for popcorn. Circled is the sodium content. As you can see, this food item is a low sodium snack option since it has less than 140mg of sodium per serving.



<b>Nutrition Facts</b>	
About 4.4 servings per container	
<b>Serving size: About 3 ¾ cups (28g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Insoluble Fiber 3g	
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 40mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients: Popcorn, Sunflower Oil and Salt.**

You may also be able to easily identify low sodium options by looking at the front of the package, bottle, or can. Items that say “low sodium” or “sodium-free” are a great choice! If the label is not written clearly, check out the nutrition label and refer to the ranges above to determine if you should buy it.

As for **frozen meals, stick to meals that are 650mg or less in total**. If you do need to rely on frozen meals here and there, that is okay. We recommend that you adjust your salt intake and be extra mindful at other meals to keep your total intake below 2300mg each day.

## Sticking to Reduced Sodium Intake

Remember how we mentioned that your taste buds can adjust to less salt in the diet? Keep that in mind when you are first lowering your salt intake. It may not be easy to begin with, but after about three weeks you will notice a big difference. You will no longer rely on salt for tasty food! Here are some tips on how to reduce your sodium, but still keep things exciting.

### Trade it out

One easy way to reduce your sodium intake is to take the salt shaker off your table. You can liven up your food with herbs, spices, or citrus. Like some kick? Try some Cajun seasoning, cumin, cayenne, or red pepper flakes. Looking for something tamer but still delicious? Try some mint, basil, or oregano, Mrs. Dash or add a squeeze of lime, lemon, or orange to your meal to spice it up.

### Try new cooking tricks

Do you usually bake your chicken? Why not grill it instead? Try roasting your vegetables with a healthy fat like olive oil. Combine your favorite veggies and add beans or cooked chicken to make a hearty soup.

### Mix it up

Use reduced or low sodium items, such as broths and soups like chicken broth or tomato soup.

### Wash it away

Drain and rinse canned items like beans to reduce the sodium content of these convenient, shelf-stable items.

#### A Note About Citrus

Did you know that lemons and salt have a similar effect on our taste buds? Both of these foods make you release more saliva, which in turn creates more flavor in your mouth. Start by adding lemon on your meat as a marinade or on veggies as they roast!

**\*\*We recommend avoiding grapefruit. All parts of the grapefruit - including the fruit and the juice - may cause problems with your CHF medications. It is best to avoid grapefruit completely and enjoy other citrus options.**

# Fluid and Hydration

Hydration is an important part of your overall health. But, CHF may mean you need to limit how much you drink each day. Too much fluid can cause your body to retain water. This extra fluid can cause damage to your heart and make you feel tired.

Your fluid goal should be 2000 mL or 2 liters of fluid each day, unless your doctor tells you otherwise. This equals about 8 cups of fluid. If you drink one bottle of water, that is already just over 2 cups!

If you do have a limit on how much you can drink each day, making heart healthy choices is really important. This means avoiding sugar sweetened drinks.

## **Sugar sweetened drinks include:**

- Soda or pop
- Sweetened iced or hot tea
- Lemonade
- Sweetened coffee or hot chocolate
- Energy drinks



# Reading Nutrition Labels: Sugar

Be mindful of how much sugar you are taking in through your drink choices. Check in on your favorite drink choices to see how much added sugar they contain.

See an example of where to find added sugars on a nutrition label to the right. The example shown to the right is for a popular soda. As you can see, there is a row for sugar and then added sugar. The added sugar is where we put our focus. This soda has a high amount of added sugar so we'd recommend avoiding this drink.



<b>Nutrition Facts</b>	
About 6 servings per container	
<b>Serving Size 12 fl oz (360 mL)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Total Sugars 39g	
Includes 39g Added Sugars <b>78%</b>	
<b>Protein</b> 0g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

Avoiding sugar sweetened drinks will help you lower your daily sugar and calorie intake. Extra sugar and calories can have a negative influence on your health and weight. It is especially important to limit these drinks if you are working on controlling your blood sugar.

## Sticking to Reduced Sugar Intake

To keep your body feeling its best, enjoy sugar free drinks instead. Here are some ideas to keep the flavor high but the sugar low.

### Swap it out

Enjoy flavored sparkling water instead of soda. There are lots of great flavors to choose from! If you prefer regular water or plain sparkling water, add slices of your favorite fruit or vegetables to it. Oranges, lemons, and cucumbers add a great burst of flavor.



### Choose 1/2 and 1/2

Try 1/2 and 1/2 by mixing 1/2 cup of juice, sweetened tea, or lemonade with water. Or try mixing unsweetened black or herbal tea with lemonade for a beverage with 1/2 the sugar content.



### Pour it over ice

The ice will help to water down the drink and also take up room in the glass so you drink less of a sugary drink at once.

### Skip the sugar

Skip the sugar in your coffee or tea and use an unsweetened creamer.



### Size down!

If you usually order a large drink, opt for medium, then eventually the small size.

## What About Caffeine?

We listed coffee, tea, and energy drinks under the sugar-sweetened beverage list but what about the caffeine they contain?

There has been some concern associated with caffeine intake for people with heart disease because caffeine can increase your heart rate and cause irregular heartbeats. But, recent research states caffeine is safe to consume in moderation for those with heart disease. That being said, always follow the advice of your doctor first.

Any drinks, including those with caffeine, add to your total fluid intake for the day. **Aim to limit caffeinated beverages to 1-2 cups per day.**



### Caffeine = Energy Boost

Using caffeine for an energy boost can be helpful from time-to-time. But, finding other tools to help you boost your energy can benefit your overall health and help keep your caffeine and fluid intake balanced.

## Get Energized Naturally

Natural ways to boost your energy include going outside, moving your body, and getting a quick jumpstart by drinking ice cold water or naturally flavored water to stimulate your senses.

If you feel like you need a quick boost, try getting up, stretching, and maybe going near a window or stepping outside for some sunlight before reaching for some caffeine.



If you have a fluid restriction, you want to make what you drink count. This means choosing water, seltzer, naturally flavored water, or decaffeinated beverages to help stay hydrated. As for caffeinated beverages, stick to 1-2 cups in the morning, if needed.

# Building a Balanced Plate

A balanced plate is one that contains a variety of macronutrients (protein, carbohydrates, and fat) and multiple vitamins and minerals.

Before we dive into macronutrients, let's pause for a minute and talk about the importance of portion sizes. The idea of “portion sizes” is heavily stressed. Sometimes with CHF appetite is low and eating a lot at one sitting is not comfortable. If this is the case, break up your meals. Eat smaller, more frequent meals or snacks.

Portion size is also important when thinking about overall health and weight management. On a scale of 1 (starving) to 10 (overfull), it is ideal to be around a 7 after a meal. You shouldn't feel uncomfortably full but rather satisfied and energized.

Now let's jump back into building a balanced plate. While portion size is important, it is also important to be mindful of what you put on your plate!

*\*Healthy fats are those that have a positive impact on your health. Unhealthy fats are “saturated fats” and found in processed meats, cheeses, fried foods, and baked goods to name a few. Think about swapping red meat (beef or pork) for salmon or tuna. Instead of using butter when cooking, use olive oil.*

## There are 4 building blocks to follow:

- Half (½) of your plate includes non-starchy vegetables and/or fruit.
- One quarter (¼) of your plate is lean protein that is plant or animal based.
- One quarter (¼) of your plate is whole grains or starchy vegetables.
- Your meal includes a serving of healthy fat (\*see below).



Aim to have more servings of vegetables than fruit each day.

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You can also add as many herbs and spices to your meal as you like! Herbs and spices are full of important nutrients and are low-calorie. Avoid adding excess salt or high salt spices like garlic salt.

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It's okay if this new way of thinking about your plate feels unusual. Starting out, try it with one meal each day. Over time you will get better and better at building your own balanced plate!



## Starchy Vs. Non-Starchy Vegetables

Starchy vegetables are plants that have a high amount of starchy carbohydrates and may have an impact on your blood sugar after a meal. This is why they are included with the whole grain portion of your plate. All other vegetables are considered non-starchy and can be enjoyed as much as you like.

### Starchy Vegetables

Potatoes • Sweet Potatoes  
Lima Beans • Corn  
Butternut Squash  
Acorn Squash • Peas

## Sample Items to Buy

Below are some examples of foods you can choose to create a balanced plate. Have fun and see how many combinations you can put together to make healthy eating interesting!



### Fruit

- Apples
- Bananas
- Oranges
- Berries (strawberries, raspberries, blueberries)
- Pears
- Grapes



### Non-Starchy Vegetables

- Spinach
- Broccoli
- Cauliflower
- Green beans
- Asparagus
- Leafy greens
- Artichokes
- Cucumber
- Mushrooms
- Eggplant
- Okra



### Starchy Vegetables

- While items like corn, squash, and potatoes are vegetables, these should count as complex carbohydrates. Focus first on non-starchy vegetables when filling your plate!



### Complex Carbohydrates

- Brown rice
- Quinoa
- Farro, buckwheat
- Whole-grain and/or whole wheat bread
- Whole wheat tortillas
- Whole grain pasta
- Whole wheat english muffins
- Oatmeal (steel cut or rolled oats)



### Protein

- Chicken (chicken breast, chicken thighs, ground chicken)
- Turkey (including ground turkey)
- Fish (salmon, cod, tilapia, tuna)
- Shellfish (shrimp, crab, etc.)
- Eggs
- Yogurt
- Beans (black beans, cannellini beans, garbanzo beans, kidney beans, etc.)
- Edamame
- Lentils
- Tofu, tempeh



### Healthy Fats

- Avocado
- Avocado oil, olive oil
- Nuts/seeds

# B-Vitamins for Feeling Your Best

Our bodies need various types of vitamins. The family of B-vitamins is made up of 8 different vitamins. These are essential vitamins because they:

- Help us get energy from the food that we eat.
- Aid in storage of the energy we get from food.
- Keep the eyes and skin healthy.
- Support the nervous system.
- Make red blood cells.
- Reduce the risk of spinal defects in babies.

With CHF, it is common to have lower levels of B vitamins stored in the body. Lower stored reserves of B vitamins can lead to fatigue, low energy, headaches, and more.

Luckily, many of the foods listed above contain high levels of B-vitamins to help boost your levels and prevent any negative symptoms.



## **Foods High in B-Vitamins**

Asparagus • Avocado

Bananas • Oranges

Kidney Beans • Chickpeas

Cheese • Yogurt

Chicken • Eggs • Edamame

Fish • Almonds • Oats

Sunflower seeds

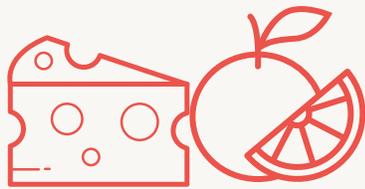


# Calcium, Bone Health, and CHF

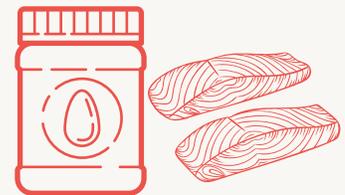
CHF puts you at risk for having lower bone density or strength. One of the reasons for this is that you may not be able to consume enough calcium due to feeling full quickly.

As you age, bone strength naturally decreases. This increases the risk for fractures or breaks. In order to prevent injuries or falls, it is important to eat lots of calcium-rich foods.

Men over 50 years old need 1000mg of calcium each day and 1200mg after the age of 71. Women over 50 years old need 1200mg of calcium each day.



## High Calcium Foods



Yogurt • Cheese  
Milk\* • Non-dairy milk  
(almond, oat, or soy with  
calcium added)\*  
Orange juice + calcium\*

Tofu • Seaweed  
Beans (white beans,  
chickpeas) • Broccoli  
Bok Choy • Watercress  
Okra • Rhubarb

Almonds • Almond butter  
Oranges  
Sesame seeds • Tahini  
Chia seeds  
Canned fish (sardines,  
anchovies, salmon)

*\*Note: these foods contribute to your total fluid intake for the day.*

# Reading Nutrition Labels: Calcium

Reading nutrition labels is one way to know how much calcium is in a food. Check the nutrition labels for how many milligrams of calcium are in the food per serving. Compare the nutrition labels of two similar products and pick the option that has more calcium. Refer to the image below for an example of two ways calcium may be listed on a label.

<b>Nutrition Facts</b>	
Serving Size (225g)	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 19g	
Vitamin A 0%	• Vitamin C 0%
<b>Calcium 25%</b>	• 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:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving size	(170g)
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 10g Added Sugars	20%
Protein 14g	
Vitamin D 0mcg	0%
<b>Calcium 208mg</b>	<b>15%</b>
Iron 0mg	0%
Potassium 205mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

If you find that you rarely eat foods rich in calcium, you may be at risk of a calcium deficiency. Over time, this can mean that you may not have enough in your diet to support your bone health. If you are concerned that you are not eating enough calcium, reach out to your doctor to discuss if a supplement is right for you. Supplements do have some risks and your doctor can advise you on how to proceed or what the next best steps are for you.

Exercise and vitamin D are two additional important factors of bone health. Again, contact your doctor before taking a vitamin D supplement if you do not take one already. As for exercise, get moving to keep those bones strong! Walking and strength training are great to include in your routine if your doctor has cleared you for exercise.



## Snacking Made Simple

Snacking is another way we ensure we get enough vitamins and minerals like B vitamins and calcium.

A snack should be considered a “mini-meal.” When putting a snack together, follow the same basic principles as you do when you are building a balanced plate. Snacking is a great way to give your body an extra boost of energy between meals. Snacking can also sometimes be a way we pass time, so ask yourself if you’re really hungry or just bored before you eat another snack.





## Quick and easy snack ideas!

- A small banana or apple with 1 tablespoon of unsalted nut butter
- Greek yogurt (6 ounces) with strawberries
- Carrots with 2 tablespoons of hummus
- Hard boiled egg with 5 whole grain crackers

Snack simply and smartly! Snacks should hold you over until your next meal so that you eat about every 3-4 hours.

## Prepping your Pantry & Freezer

A well-stocked pantry and freezer help prepare you for moments when you cannot get to the grocery store due to illness, bad weather, or any other circumstance.

Stock up on frozen fruits and vegetables, oatmeal, whole grain pasta, brown rice, quinoa, and canned goods such as tuna, chicken, and low salt or no salt added beans. Some other items that may be helpful are whole grain crackers, unsalted nuts and seeds, granola bars, low sodium soups, and canned tomatoes or tomato sauce.



# Your CHF daily action plan.

Following a CHF Daily Action Plan can set you up for success. Here is an example of what a CHF Daily Action Plan might look like. Talk with your doctor to make sure your plan covers everything you need each day.

## CHF Action Plan

### **Medication**

Take your medication at the same time each day. Report any changes in how you feel to your doctor.

### **Weight**

Track your weight at the same time each day. Write down your weight and report any changes of more than 2-3 pounds in one day or more than 5 pounds in one week to your doctor.

### **Exercise**

Move your body as much as you can each day.

### **Fluid**

Limit your fluids to 2 liters or less per day (unless your doctor has told you otherwise).

### **Sodium**

Limit your sodium intake to 2000 mg per day or less (unless your doctor has told you otherwise).

### **Symptoms**

Track any other symptoms you are feeling, such as shortness of breath, fatigue, coughing, or dizziness. Reach out to your doctor as needed.

### **Swelling**

Look for any swelling in your hands, arms, legs, ankles, feet or in your belly area.

### **Nutrition**

Enjoy the food you get from NourishedRx while also building your own healthy habits at home! Each time you grocery shop, buy at least 2-3 fruits and veggies to include in your meals or snacks. We recommend that your plate has many colors, small and correct portions and lots of variety, so that your body receives the nutrients it needs to feel your best!

# Feeling Overwhelmed?

Managing your health with CHF is hard! Take things day by day. It is common to feel overwhelmed and tired. Some people with CHF develop anxiety or depression due to the challenge of staying healthy every day. However, if you dedicate time to making small regular changes you can be confident you are doing your best.

If you are feeling overwhelmed or struggling to make it all work, talk to your doctor at your next visit. Your doctor can help you make a plan that works best for you. The NourishedRx dietitians are also available and ready to talk to you. Email [food@nourishedrx.com](mailto:food@nourishedrx.com) or call +1-888-820-1004 to set up a time to speak with one of the dietitians.

## Building a Support System

Your doctor may also be able to help you find a counselor or therapist in your insurance plan that you can talk to. Having a space to talk through your challenges is an important part of stress relief. This can also help you continue to have the energy and motivation to stick with your Daily Action Plan each day (see page 26).

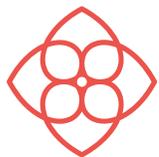
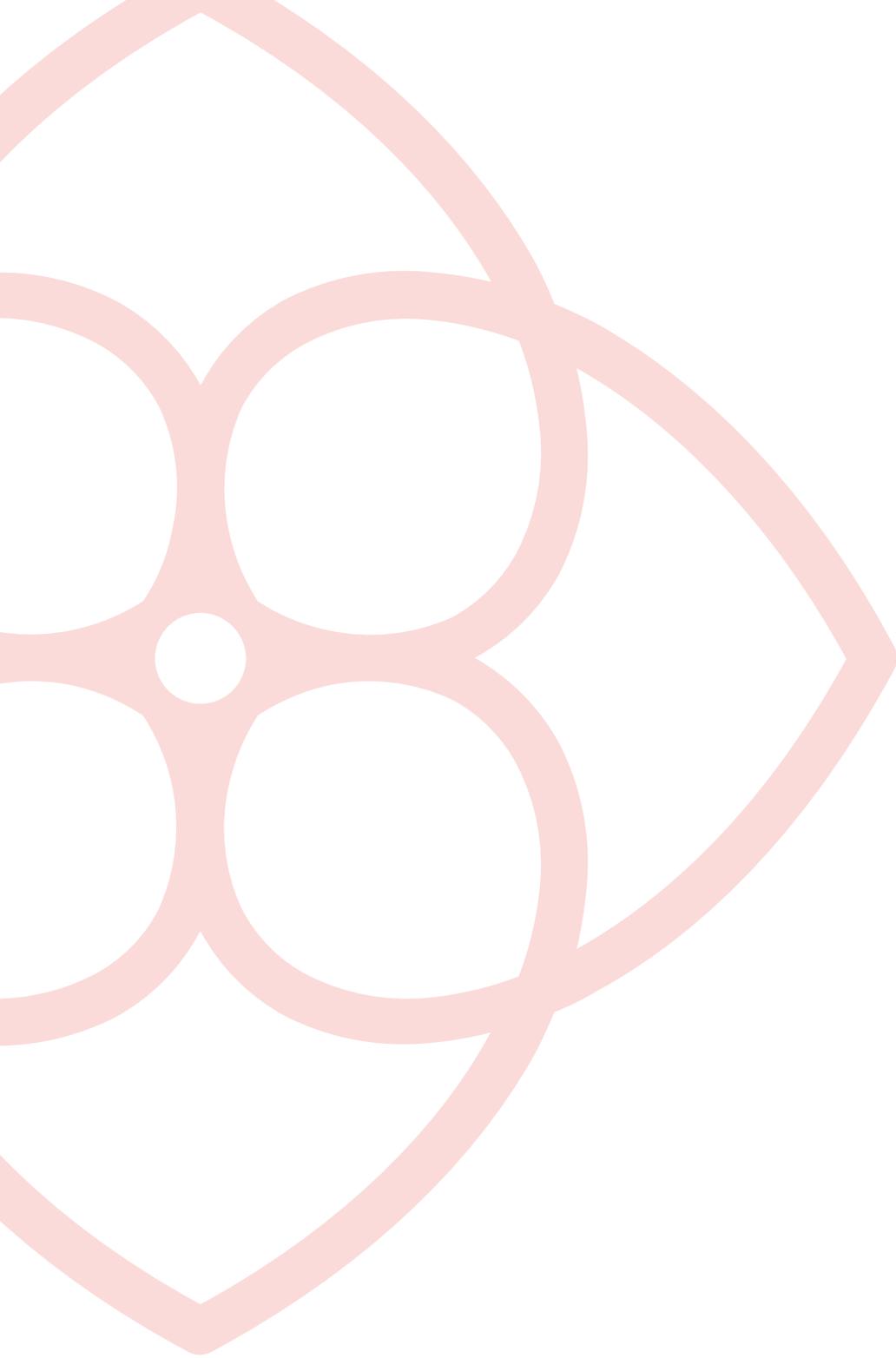


### From Lesson to Action

How will you reduce the amount of sodium in your diet?

Will you try using garlic and onion to season your food instead of salt?

Asking these types of questions will help put your plan into action!



**Nourished**<sup>Rx</sup>

**Food is health, food is care.  
Food is healthcare.**

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