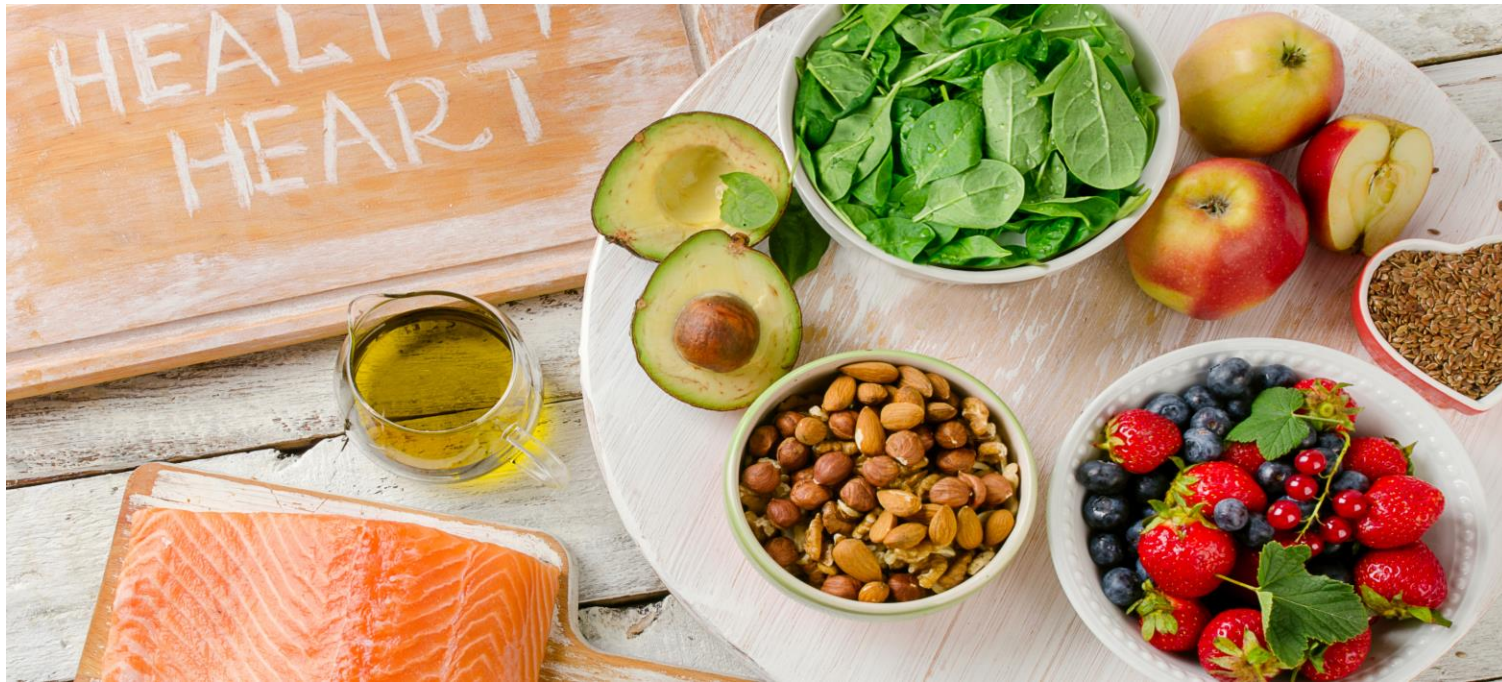


Heart Failure Nutrition

EATING FOR HEART HEALTH





Topics for Discussion

- Heart healthy eating
 - Healthy foods
 - Limiting salt intake
- Label reading
- Fluid control
- Putting it all together

Why is nutrition important?

Improving your nutrition intake in heart failure can have positive effects on your:

- Fluid control
- Blood pressure
- Cholesterol
- Weight and waist circumference
- Diabetes risk
- Inflammation
- Mental health



Nutrition Recommendations for heart failure

1. Eat plenty of vegetables, fruits and wholegrains
2. Eat a variety of healthy protein-rich foods
3. Consume milk, yoghurt and cheese (unflavoured)
4. Enjoy healthy fats and oils
5. Limit unhealthy fats
6. Limit alcohol intake
7. Limit salt intake
8. Control & monitor your fluid intake

National Heart Foundation (2019)



1. Eat plenty of vegetables, fruits and wholegrains

These foods can help improve blood pressure, cholesterol and inflammation

- Aim for 2 serves of fruit and 5 serves of vegetables each day.
- Choose whole grains over refined grains. Examples include: brown rice, oats, wholegrain bread or pasta, popcorn and buckwheat



How to increase your vegetable intake:

- Aim for ½ of your plate to be vegetables
- Add tomato, mushrooms and spinach with eggs at breakfast
- Flavour vegetables with olive oil, herbs, spices
- Roast a tray of vegetables to add to meals throughout the week
- Cut up carrot, celery and capsicum and have with a dip
- Add spinach to your smoothies
- Have frozen vegetables on hand for convenience



Image source: Heart Foundation

2. Include a variety of healthy protein-rich foods

Protein is important for fighting infections, wound healing and building muscle mass.

- High protein foods: fish, chicken, turkey, lean red meat, eggs, legumes, lentils & reduced-fat dairy products (yoghurt, milk, cheese)
- Aim for 2-3 serves (100 -150g) of fish each week
- Limit red meat to ≤ 3 meals each week (350g total)



3. Choose unflavoured milk, yoghurt and cheese

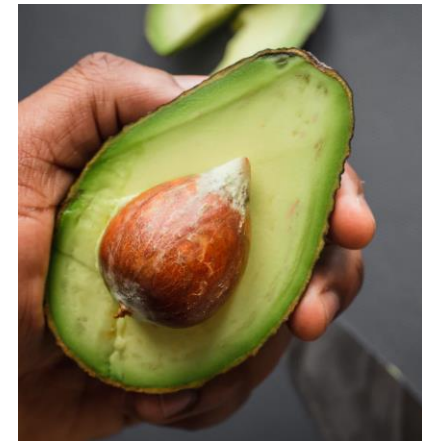
- Unflavoured types of milk, yoghurt and cheese can be a part of a heart healthy diet
 - These are 'neutral' for heart health
- Reduced fat varieties are better for people with high cholesterol
- Butter, cream and ice cream are not part of a heart-healthy diet



4. Include healthy fats and oils

Healthy fats can improve blood cholesterol levels and lower risk of vessel disease

- These include:
 - Nuts
 - Seeds
 - Avocado
 - Olives
 - Oily fish
 - Extra virgin olive oil



5. Limit unhealthy fats

Unhealthy fats can increase your cholesterol, risk of blood vessel disease and can make it difficult to achieve a healthy weight.

- Limit processed foods, such as deli-style meats, biscuits, cakes, pastries, pies, and takeaway foods
- Limit butter, lard, ghee, copha, dripping
- Remove fat on meat
- Remove skin on chicken and other poultry
- Limit cream and ice cream
- Limit coconut and palm oil



Myth Bust!

Coconut oil is **80-95% saturated fat** and is recommended to be avoided



What is 1 standard drink of alcohol?

100ml wine (11.5%)

285ml full strength beer (4.8%)

375ml mid strength beer (3.5%)

60ml port or sherry (18%)

30ml spirits (40%)

6. Limit Alcohol Intake

Alcohol can contribute to weight gain and increase the risk of high blood pressure and heart disease

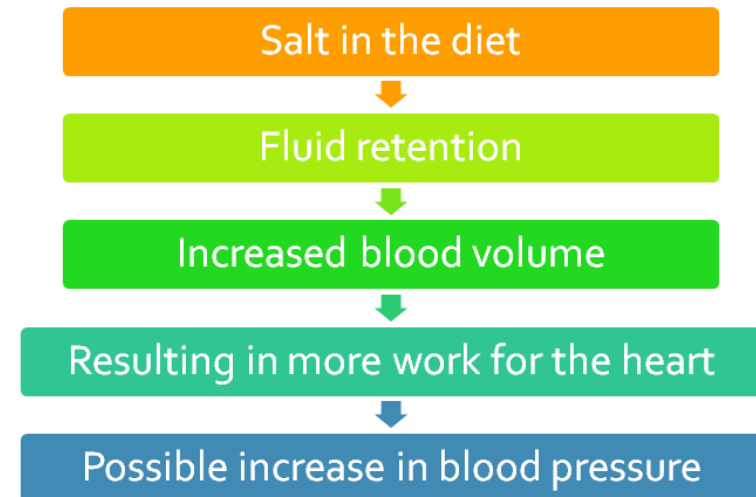
Australian guidelines recommend if you choose to drink alcohol:

- the less you drink, the lower your risk of harm from alcohol
- no more than 10 standard drinks per week
- no more than 4 standard drinks on any one day

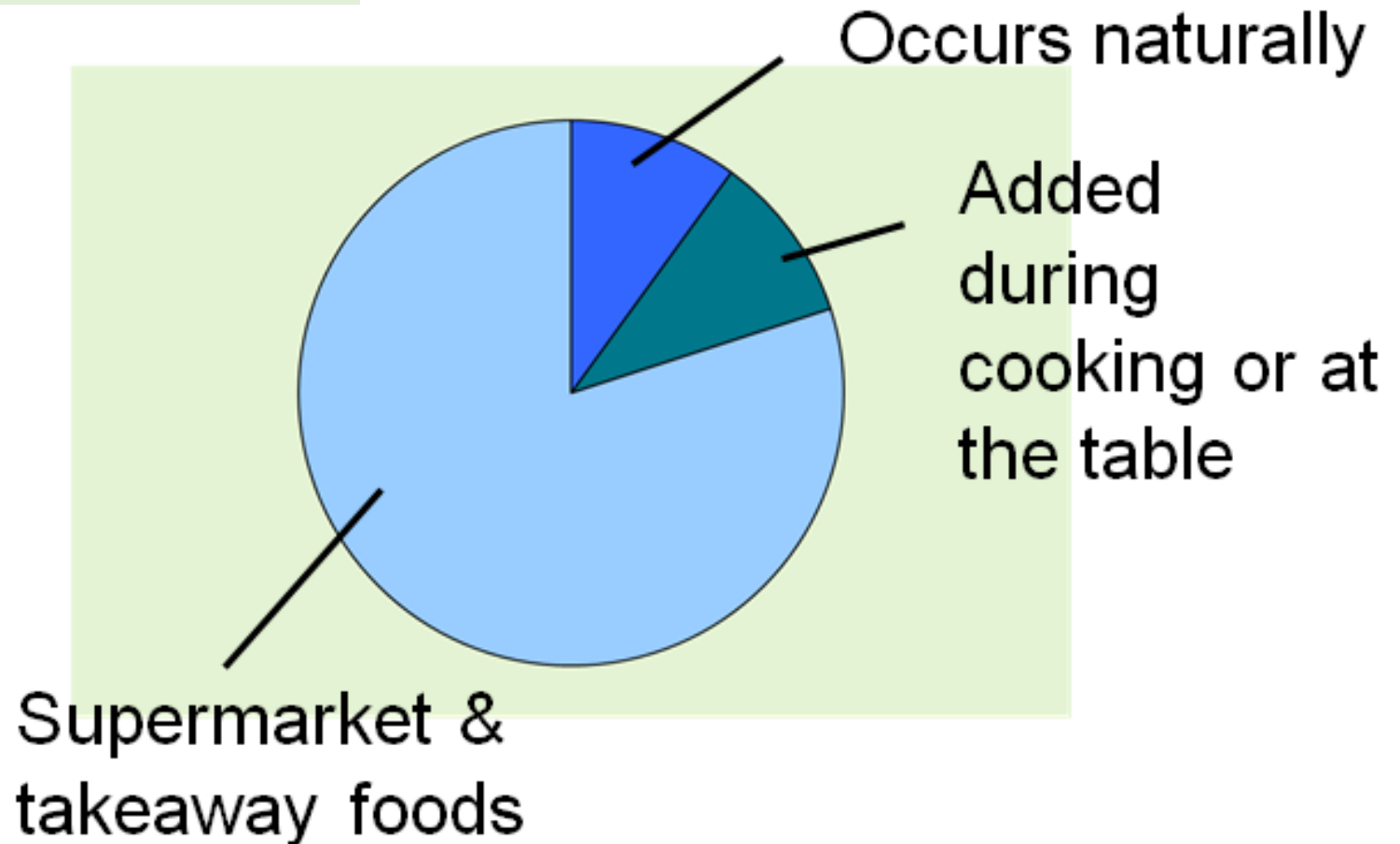


7. Limit Salt Intake

- Eating too much salt (sodium) can lead to increased fluid retention and an increase in blood pressure
- This increases stress on the heart



80% of the salt we eat is hidden in the processed foods that we buy at the supermarket



Foods High in Salt / Sodium



Spreads



Processed/cured/corned meats
& pastes/ takeaway foods



Canned vegetables,
legumes, vegetable juices



Cheese



Sauces



Canned fish in
brine/ fish paste

How can you eat less salt?



1. Eat more fresh foods including fruits, vegetables and lean meats
2. Replace salt with other flavours:
 - Garlic or ginger
 - Onion, chilli or pepper
 - Fresh lemon/lime
 - Fresh or dried herbs
3. Limit packaged foods including cakes, chips, deli meats, canned goods
4. Avoid adding salt to cooking and at the table

Label reading

Saturated Fat

Aim for lowest, per 100g. **Less than 3g per 100g is best.**

Nutrition Information		
Servings per package – 16		
Serving size- 30g (2/3 cup)		
	per serve	per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Exercise: Label reading (pasta sauce)



Nutritional Information

Per Serving (125 g)

	Quantity per serve	%DI* (per serve)	Quantity per 100 g
ENERGY	238 kJ	3%	190 kJ
PROTEIN	2.3 g	5%	1.8 g
FAT, total	0.8 g	0.20%	0.1 g
saturated	<0.1 g	0.10%	<0.1 g
CARBOHYDRATE	11.5 g	4%	9 g
sugars	6.1 g	7%	4.9 g
SODIUM	198 mg	9%	159 mg
Potassium	425 g	0%	345 g



Nutritional Information

Per Serving (122 g)

	Quantity per serve	%DI* (per serve)	Quantity per 100 g
ENERGY	501 kJ	6%	411 kJ
PROTEIN	1.6 g	3%	1.3 g
FAT, total	8.1 g	12%	6.6 g
saturated	2.0 g	8%	1.6 g
CARBOHYDRATE	10.5 g	3%	8.6 g
sugars	3.9 g	4%	3.2 g
SODIUM	503 mg	22%	412 mg

8. Controlling fluid intake

- You may be asked to limit the amount of fluid you drink each day to help control your heart failure
- Managing your fluid intake can help to:
 - minimise fluid retention
 - minimise shortness of breath
 - maintain blood pressure
 - decrease the feeling of bloating or nausea

What should I count as fluid?

- Fluid includes all drinks and anything that is liquid at room temperature:
 - Water
 - Soft drink, juice or cordial
 - Tea or coffee
 - Ice or ice blocks
 - Ice cream, custard, yoghurt or jelly
 - Soups, gravies or sauces
 - Alcohol

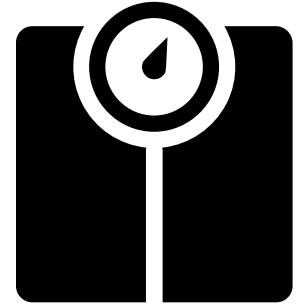


How to control fluid intake

- Measure the amount of liquid you drink
- Fill up a jug with your daily allowance each morning and use this to keep track of your fluid consumption throughout the day
- Suck on frozen fluids- ice, pieces of fruit, ice blocks, as this takes longer to consume and is more thirst quenching
- Suck on lemon or mints to increase saliva production
- Limit salt in your diet to help reduce thirst
- Some medications may be able to be taken with foods rather than liquids. Check with your Pharmacist the best way of taking your medication



Monitoring your fluid

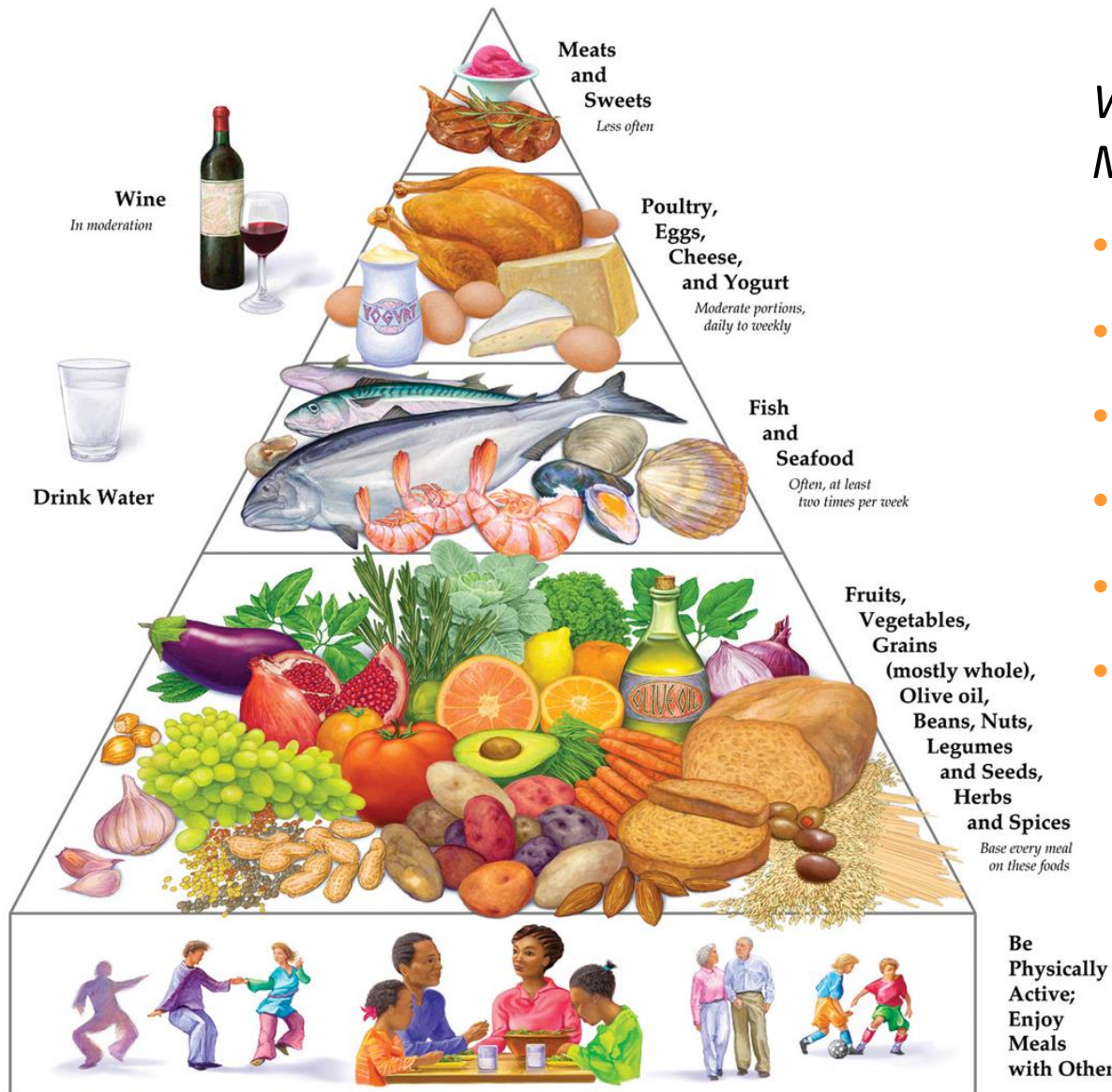


- Weigh yourself every day
- Weigh at the same time each morning:
 - Step 1: wake up
 - Step 2: go to the toilet
 - Step 3: weigh yourself, with the same clothing
 - Step 4: write down your weight
- Rapid weight gain may be a result of increased fluid retention. Contact your doctor or nurse if you experience weight gain of more than 2kg within 2 days

Putting it all together

- The heart healthy eating principles have been informed by studies of healthy 'dietary patterns' which improve heart disease risk and other conditions such as type 2 diabetes
- Dietary patterns are focused on foods and how they are eaten in combination
- An example of a healthy dietary pattern that is based on evidence is a Mediterranean-style diet

Mediterranean Diet Pyramid



What else can we learn from a Mediterranean-style diet?

- Mostly plant-based
- High in healthy fats
- Enjoy meals with others
- Home cooking
- Be physically active
- Wine if choose to drink, in small amounts and only with meals

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Goal Setting

Setting goals can increase your likelihood of success.

A great goal could be "I'm going to eat 2 different vegetables with my evening meal each day".

This will be achievable and realistic. If you currently eat 1 vegetable per day it may not be realistic to eat 5 per day straight away.

Let's set a goal!



Questions?



Further Resources



<https://www.heartfoundation.org.au/>



<https://baker.edu.au/>



Join the Heart Health Club

<https://www.heartresearch.com.au/heart-health-club/>



<https://dietitiansaustralia.org.au/>



Mediterranean diet resources

<https://oldwayspt.org/traditional-diets/mediterranean-diet>



FoodSwitch Australia

Use this App to scan barcodes of foods, see simple nutrition information and get suggestions for healthy swaps

<https://www.foodswitch.com.au/>



Nutrition Education Materials Online

Access further nutrition resources from Queensland Health

<https://www.health.qld.gov.au/nutrition/patients>

References

National Heart Foundation of Australia. (2019). *Food and nutrition position statements*. Available online: [Nutrition Position Statements \(heartfoundation.org.au\)](https://www.heartfoundation.org.au/nutrition-position-statements)

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