

Spices of Life!

Heart Failure Awareness Week . February 14-20, 2016

Healthy Living with HF

Facts about Salt (Sodium)



Sodium is a necessary mineral for the human body that keeps the right balance of fluid, helps nerve and muscles work properly and sets the acid/base balance. The most common form of **sodium** is table salt. (sodium chloride).

Important points about sodium or salt

- Following a low-sodium diet is important to control your heart failure symptoms.
- Studies do not support any specific amount of sodium or salt intake.
- **Current recommendations:**
 - No more than 2,000 to 3,000 milligrams (mg) of sodium per day.
Just one teaspoon of salt has 2300 mgs of sodium!
 - Less than 3,000 mg per day if you have mild heart failure (no symptoms with moderate exercise).
 - Less than 2,000 mg per day if you have moderate to severe heart failure (symptoms with light exercise, household chores or at rest).

American Association of Heart Failure Nurses

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Avoid a salt substitute that is high in potassium.

Why? Most salt substitutes are potassium chloride, which tastes like table salt (sodium chloride). They can raise your potassium level in the blood even more if you:

- take an ACE inhibitors such as captopril, lisinopril, losartan, valsartan
- take a potassium-sparing diuretic (water pill) such as spironolactone, eplerenone
- have medical conditions such as chronic kidney disease.

Check with your health care provider about the amount of sodium you should have in your diet.

An easy way to remember foods that are high in salt:

Brown salt = gravy and soups
White salt = table salt
Black salt = soy sauce
Red salt = ketchup
Yellow salt = mustard
Pink salt = deli meats
Green salt = pickles and olives