General Guidelines

1. **Enjoy your holidays.** If it makes you smile it probably reduces stress.

2. **Pace yourself.** Everything does not need to be done in one day. Do a little each day. Sometimes a busy schedule cannot be helped. If you have a busy schedule try to rest a little more the day before and the day after. HF patients tolerate activity better and retain their strength when activity is spread out.

3. **Watch your diet.** A lot of holiday food is high in sodium and we all splurge more around the holidays. Here are some healthy eating tips to follow.

4. **Continue your medications as prescribed.** Plan ahead so you don’t run out over the holidays.

5. **Avoid stressful situations if possible.** Sometimes family gatherings can be very stressful. It is “OK” to remove yourself from these situations.

6. **Retain your normal sleep pattern if possible.** Sneak in an extra nap – you have permission!

7. **Continue your exercise program if possible.** Take a walk as a way to take a break from family and all of the holiday hustle and bustle.

8. **Play table or card games** with family members as a way to socialize and share time that doesn’t focus on food.

9. **Be watchful** of your symptoms and weight.

What to toast with:

- Try club soda with a splash of orange juice as a refreshing and sparkling alternative to an alcoholic beverage.
- Be sure you discuss alcohol intake with your doctor; an occasional drink may be allowed. Remember: A drink is 5 ounces of wine, 12 ounces of beer or 1.5 ounces of hard liquor.
What to Eat

Special occasions and holidays are typically associated with food and a time of over-indulging. Don’t let eating too much or salty foods land you in the hospital by following these tips:

- If sharing a meal with friends and family, be sure to bring a low-sodium, healthy dish to share.

- **Steer clear** of ham, brined, smoked or pickled meats, gravies (unless prepared with a low sodium chicken or vegetable broth), sauces, dressing, boxed mashed potatoes, canned vegetables, casseroles and macaroni and cheese. If you must eat, have just a tablespoon for taste.

- **Stick to** fresh turkey breast, fresh vegetables, baked white or sweet potato. Fill half your plate with fruit and fresh vegetables.

- **When snacking, avoid** the deli, olive and pickle tray, along with salty chips and dips/ salsa.

- **Low-Sodium Holiday Choices:**

<table>
<thead>
<tr>
<th>Good Food Choice</th>
<th>Serving size</th>
<th>Sodium in Mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry sauce, whole or jellied</td>
<td>1/4 cup</td>
<td>10 mg</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>3 oz</td>
<td>51mg</td>
</tr>
<tr>
<td>Baked potato</td>
<td>1 medium</td>
<td>8mg</td>
</tr>
<tr>
<td>Snap green beans, boiled without salt. (Add chunks of potato and top with almonds instead of cream soup and fried onion rings)</td>
<td>1/2 cup</td>
<td>3mg</td>
</tr>
<tr>
<td>Baked fish</td>
<td>3 oz</td>
<td>60-80mg</td>
</tr>
<tr>
<td>Mixed nuts without salt</td>
<td>1/4 cup</td>
<td>6mg</td>
</tr>
<tr>
<td>Matzo plain crackers</td>
<td>1 oz</td>
<td>0 – 3 mg</td>
</tr>
<tr>
<td>Homemade Salmon Dip (Recipe below)</td>
<td>2tbs</td>
<td>75mg</td>
</tr>
<tr>
<td>Original Hawaiian Sweet Rolls</td>
<td>1 roll</td>
<td>90mg</td>
</tr>
</tbody>
</table>

- You may want to **budget your food choices** during the day if you know you are going to be tempted with a large meal later in the evening. Eat primarily fresh fruits and vegetables during the day so you can enjoy a few higher sodium content items at the party.

- Remember that **holiday leftovers count** in your sodium budget! Get back to eating your normal diet as soon as possible.

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## Good for You Macaroni and Cheese: From The Oprah Winfrey Show Jessica Seinfeld’s Delicious Secret with Dr. Oz

**SERVES 4**

### INGREDIENTS
- 1 1/2 cups elbow macaroni
- Nonstick cooking spray
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 1/2 cup nonfat skim milk
- 1/2 cup butternut or cauliflower puree
- 1 1/2 cups shredded reduced-fat Cheddar cheese (about 8 ounces)
- 4 ounces (almost 1/4 cup) reduced-fat or nonfat cream cheese
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper

### DIRECTIONS

Bring a large pot of water to a boil, add the macaroni and cook according to package directions until al dente. Drain in a colander.

While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat. Add the oil, then the flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned, 1 to 2 minutes.

Add the milk and cook, stirring every now and then, until the mixture begins to thicken, 3 to 4 minutes. Add the vegetable puree, Cheddar, cream cheese and seasonings and stir until the cheese is melted and the sauce is smooth. Stir in the macaroni and serve warm.

This Recipe saves calories, fat grams and sodium weighing in at 343 calories, 13 gm fat, and only 287mg sodium compared to a typical serving which can easily have over 600 calories and over 1200mg of sodium!

## Salmon Dip

**SERVES 16**

### INGREDIENTS
- 8 ozs cream cheese (softened)
- 1/2 cup sour cream
- 1/4 cup softened butter
- 2 tbs peppers (chopped pimento)
- 1 tbsp fresh parsley (chopped)
- 1 tsp onion (grated)
- 7 ozs salmon (drained bones and skin removed)
- 1/4 tsp dill weed (dried)

### DIRECTIONS

In a medium bowl, combine the cream cheese, sour cream, butter, pimentos, parsley and onion; beat with an electric mixer until smooth. Stir in the salmon and dill. Cover and refrigerate until serving.

2Tbs serving provides 100 calories, 9gm fat, and 80 mg Sodium.
Pie Crust

**INGREDIENTS**
- 2/3 cup all-purpose flour
- 3 Tbs sugar
- 2 Tbs unsalted margarine diced
- 1 and 1/2 Tbs fat-free milk
- 1 teaspoon all-purpose flour

**DIRECTIONS**
Put all ingredients except 1 tsp flour into food processor. Process until dough begins to stick together. Form pie dough into a disk about 4 inches in diameter, cover with plastic wrap and refrigerate for 15 minutes.

Place a sheet of plastic wrap on a flat surface and sprinkle with 1 tsp flour. Put dough on a floured surface, press lightly and turn dough over to allow flour to stick to both sides. Cover with a second sheet of plastic wrap and roll dough out to a 10 inch diameter circles.

Deep-Dish Cherry Pie

**INGREDIENTS**
- Vegetable oil spray
- 1/2 cup all-purpose flour
- 1/2 tsp ground cinnamon
- (2) 16oz cans sour cherries, drained
- 1/8 tsp almond extract
- 1 recipe Pie Crust, unbaked (see pie crust recipe above)

**DIRECTIONS**
Preheat oven to 425. Lightly spray a 9 inch deep-dish glass pie pan with vegetable oil spray.

In a medium bowl, stir together sugar, flour, and cinnamon.

In another bow, stir together cherries and almond extract. Stir in sugar mixture.

Pour cherry mixture into a pie pan, and top with crust. Cut off excess crust and crop around edges to create a ruffle. Make 4 to 6 slits in crust about 1/2 inch deep. Cover rim of pie with aluminum foil to prevent over browning.

Bake for 25 minutes. Remove foil and bake for 20 minutes more or until crust is golden.

*Calories 250, protein 3g, carbohydrates 54g, cholesterol 0mg, total fat 3g, fiber 2g, sodium 43mg*

Apple Pie with Raisins

*(Top crust only pie like strudel)*

**INGREDIENTS**
- Vegetable oil spray
- 2/3 cup sugar
- 1 tsp ground cinnamon
- 1 and 1/2 pounds tart, firm apples peeled, cored and sliced (about 8 medium)
- 1/2 cup raisins
- 1 recipe Pie Crust, unbaked (see pie crust recipe above)

**DIRECTIONS**
Preheat oven to 425. Lightly spray a 9 inch pie pan with vegetable oil spray.

In a large bowl, stir together sugar and cinnamon. Add apples and raisins, stirring thoroughly.

Pour apple mixture into a pie pan, and top with crust. Cut off excess crust and crop around edges to create a ruffle. Make 4 to 6 slits in crust about 1/2 inch deep.

Bake for 35 to 45 minutes, or until crust is lightly brown

*Calories 248, protein 2g, carbohydrates 56g, cholesterol 1mg, total fat 3g, fiber 3g, sodium 38mg*