



GET MOVING WITH HEART FAILURE
Heart Failure Awareness Week 2017 · February 12-18, 2017

Lace up and Go!

aahfnpatienteducation.com

Heart Failure and Exercise

Healthy Eating to Fuel Your Workout

Examples of what to eat before your workout:

- Banana with almond butter (2 tablespoons)
- Multi-grain crackers (10) with hummus (3 tablespoons)
- Oatmeal (1/2 cup) with berries (1 cup), sweetened with stevia or agave
- Apple and walnuts (1/4 cup)
- Low fat cheese or yogurt.

Examples of what to eat after your workout:

- Salad with sliced chicken (1/2 cup), light olive oil and vinegar
- Sautéed or steamed vegetables (1 cup) with low salt tofu (1/2 cup)
- Quinoa bowl (1 cup) with black berries (1 cup) and pecans (1/4 cup)
- Multi-grain bread (2 slices) with raw peanut butter (2 tablespoons) and agave nectar
- Burrito with beans (1/2 cup), brown rice (1/2 cup), guacamole (2 tablespoons), and salsa