Self-Care Tips TO EAT LESS SALT



AVOID HIDDEN SODIUM IN PROCESSED FOODS

Avoid ready-to-eat foods, fast foods, pickled, cured, processed, smoked or salted foods



READ YOUR FOOD LABELS

Look for 'Sodium' in food labels and find out how much sodium each serving contains



Shop for fresh meats, fish, poultry and fresh or frozen fruits and vegetables



COOK AND EAT AT HOME MORE OFTEN TO CONTROL SODIUM IN YOUR DIET

Use less salt in your cooking or substitute it with other flavourings or spices

MAKE HEART-HEALTHY FOOD CHOICES WHEN EATING OUT

Avoid high sodium dishes and fried foods. Keep these tips in mind when you order.



HEART FAILURE MEDICATIONS



ALDOSTERONE ANTAGONISTS

ANGIOTENSIN CONVERTING ENZYMES (ACE) INHIBITORS

ANGIOTENSIN RECEPTOR II BLOCKERS (ARB)

ANTICOAGULANTS AND ANTIPLATELETS

BETA-BLOCKERS

DIGITALIS/ DIGOXIN

DIURETICS

NITRATES AND VASODILATORS

SPIRONOLACTONE EPLERENONE

RAMIPRIL
BENAZEPRIL
PERINDOPRIL

CANDESARTAN IRBESARTAN TELMISARTAN VALSARTAN

WARFARIN ASPIRIN TICLOPIDINE HEPARIN

CARVEDILOL
METOPROLOL
ATENOLOL
BISOPROLOL

LAXOIN NOVODIGOXIN

FUROSEMIDE
METOLAZONE
BUMETANIDE
CHLOROTHIAZIDE

— NITROGLYCERIN — HYDRALAZINE — ISORDIL **FUNCTION:**

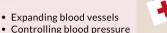
• Reduce aldosterone levels



Expanding blood vessels

• Controlling blood pressure

· Reduce burden on heart



Reduce strain on heart

 Increase heart's ability to expand and contract

Regulate heart rhythm



Expanding blood vessels

Controlling blood pressure

Reduce strain on heart

 Increase heart's ability to expand and contract

Regulate heart rhythm

Eliminate excess body fluid
Reduce shortness of

 Reduce shortness of breath, swelling, and bloating

· Prevent blood clots

Reduce blood pressure



