

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

EAT MORE FRESH FOODS

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

NAME:	EXAMPLES:	FUNCTION:
ALDOSTERONE ANTAGONISTS	<ul style="list-style-type: none"> SPIRONOLACTONE EPLERENONE 	<ul style="list-style-type: none"> Reduce aldosterone levels
ANGIOTENSIN CONVERTING ENZYMES (ACE) INHIBITORS	<ul style="list-style-type: none"> RAMIPRIL BENAZEPRIL PERINDOPRIL 	<ul style="list-style-type: none"> Expanding blood vessels Controlling blood pressure Reduce burden on heart
ANGIOTENSIN RECEPTOR II BLOCKERS (ARB)	<ul style="list-style-type: none"> CANDESARTAN IRBESARTAN TELMISARTAN VALSARTAN 	<ul style="list-style-type: none"> Expanding blood vessels Controlling blood pressure Reduce strain on heart
ANTICOAGULANTS AND ANTIPLATELETS	<ul style="list-style-type: none"> WARFARIN ASPIRIN TICLOPIDINE HEPARIN 	<ul style="list-style-type: none"> Increase heart's ability to expand and contract Regulate heart rhythm
BETA-BLOCKERS	<ul style="list-style-type: none"> CARVEDILOL METOPROLOL ATENOLOL BISOPROLOL 	<ul style="list-style-type: none"> Expanding blood vessels Controlling blood pressure Reduce strain on heart
DIGITALIS/ DIGOXIN	<ul style="list-style-type: none"> LAXOIN NOVODIGOXIN 	<ul style="list-style-type: none"> Increase heart's ability to expand and contract Regulate heart rhythm
DIURETICS	<ul style="list-style-type: none"> FUROSEMIDE METOLAZONE BUMETANIDE CHLOROTHIAZIDE 	<ul style="list-style-type: none"> Eliminate excess body fluid Reduce shortness of breath, swelling, and bloating
NITRATES AND VASODILATORS	<ul style="list-style-type: none"> NITROGLYCERIN HYDRALAZINE ISORDIL 	<ul style="list-style-type: none"> Prevent blood clots Reduce blood pressure