

HEART FAILURE

HOW TO ADAPT YOUR DIET



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**Reduce
Salt Intake
(≤ 2 g/day)**

Avoid Foods With High Salt Content
pickles, canned and processed foods, salted
cheeses, cured meats, fast-food

**Remove The Salt Shaker
From The Table**

Read the food labels
food labels may give you
informations about the salt content

Be A Low-Salt Cook

ABSTINENCE

in alcoholic cardiomyopathy

IF PERMITTED

**2 units/day in men or
1 unit/day in women**

1 unit = 10 mL of pure alcohol
(e.g. 1 glass of wine or 1/2
pint of beer or 1 measure of
spirit).

**Avoid or Limit
Alcoholic
Beverages**



**Recommended
Foods**

**Eat Fresh Fruits
And Vegetables**

Choose a High-Fiber Diet
bran, beans, whole-grain
foods, vegetables

Eat Low- Calorie Foods
if you are overweight

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