

What to Look for at the Grocery Store

RISE ABOVE Heart Failure

CATEGORY	FOOD CHOICES	
Fruits	• Fresh, canned or frozen (unsweetened or packed in juice)	
Vegetables	• Fresh or frozen (avoid sauce or flavor pouches, which may add salt and saturated fat)	• Canned is OK if low sodium or unsalted (rinse to remove excess sodium)
Meats, poultry, fish	• Fresh or frozen fish (not breaded) • Canned tuna and salmon (unsalted or rinsed)	• Chicken or turkey, both with the skin removed • Lean cuts of beef, veal, pork or lamb (trim away all fat)
Meat substitutes	• Dried beans, peas, lentils • Unsalted or low-sodium Tofu (soybean curd) • Unsalted peanut butter	• Nuts or seeds (unsalted, dry-roasted), such as sunflower seeds, peanuts, almonds and walnuts
Drinks (follow your healthcare team's instructions on limiting fluid intake)	• Water and sparkling water • 100% fruit juices, fresh, frozen or canned (with no added sugars)	• Canned low-sodium or no-salt-added tomato and vegetable juice • Tea and coffee in moderation • Soy or almond milk
Dairy choices	• Liquid or dry milk or milk substitutes (1%, low-fat, fat-free or non-fat) • Low-fat, low-sodium cottage cheese	• Low-fat, low-sodium cheese • Low-fat yogurt
Fats, oils (Use these in small amounts)	• Unsaturated nontropical vegetable oils such as canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower	• Unsalted margarine with liquid vegetable oil as first ingredient
Breads, cereals, grains, starches	• Whole-grain pasta • Brown rice • Starchy vegetables such as corn, potatoes, green peas, etc. (not canned unless salt-free, no added salt, or low-sodium) • Whole-grain bread and rolls • Melba toast • Matzo crackers • Whole-grain pita bread	• Taco shell, corn tortilla (no *trans* fat, unsalted/low-sodium) • Cooked cereals, such as corn grits, farina (regular), oatmeal, oat bran, cream of rice, cream of wheat • Puffed rice or wheat, shredded wheat or any cereal with 100–140 mg of sodium • Wheat germ (in small amounts) • Unsalted, air-popped popcorn

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What to Look for at the Grocery Store (Continued)

Cooking ingredients, seasonings	• Corn starch, tapioca • Cornmeal (not self-rising because some have high sodium content) • Fresh or dried herbs, salt-free herb seasonings • Whole grain flour (not self-rising) • Fresh fruits and vegetables such as lemons, limes, onions, celery, etc. • Fresh garlic or ginger	• Chili pepper sauce (no added salt or low-sodium) • Low-sodium baking powder • Onion or garlic powder (avoid onion salt and garlic salt) • Tomato paste (no added salt), unsalted tomatoes, unsalted tomato sauce • Vinegar • Water chestnuts (no added salt) • Yeast
Sweets*	• Carob powder, cocoa powder • Flavored sugar-free gelatins • Fruits • Frozen 100% juice bars, fruit ice, sorbet, sherbet with no added sugars	• Jelly, jam, preserves, apple butter made with 100% fruit • Whole grain graham and animal crackers, fig bars, ginger snaps

*Limit sweets/added sugars from food and beverages:
for the average woman—no more than 100 calories/day;
for the average man—no more than 150 calories/day.



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