

Support Your Body's Nutritional Needs When You Have Heart Failure and Diabetes

What you should eat

1 Eat a balanced diet each day.



Eat 4-6 smaller meals throughout the day



Choose nutrient dense foods

2 Foods low in sodium



Lean meat, poultry, fish



Fresh vegetables



Fresh fruits



Unsalted nuts and popcorn



Whole grains



Low or nonfat dairy

3 Foods labeled "low salt," "low sodium," or "no salt added"



Frozen vegetables without added sauce



Low-sodium vegetable juice



Low-sodium canned soups and vegetables



Polyunsaturated or monounsaturated oils (olive, canola, etc.)

Things to Consider when you have Diabetes and Heart Failure:

- Eat a well-balanced diet and eat meals at consistent times each day to help manage your blood sugar levels.
- Use sugar substitutes instead of regular sugar.
- Every day, your body needs fluids to work well. However, when you have a heart condition, you might need to limit the amount of fluid you drink each day.
- Sodium keeps your body from getting rid of the water. If you eat more sodium than your body needs, water builds up in your body.
- The more extra fluid in your body, the harder your heart has to work. This makes your heart tired and your body has to work harder to do its job.

Eat less of these foods

4 Foods high in sodium

- Read food labels and pay close attention to amounts of sodium.
- Avoid pre-prepared meals that come in cans, boxes and bags.
- Limit or avoid salty foods like chips, pretzels, cold cuts, hot dogs, pizza and regular soups.

5 Limit foods with added sugars



Cookies



Candy



Regular soda

Watch what you drink

6 If you have certain heart problems, your doctor may limit how much you can drink

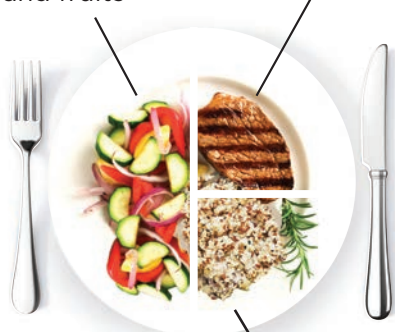
- Your doctor has limited your fluids to _____ cups a day.

Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

1/2 plate of vegetables and fruits

1/4 plate of protein foods



1/4 plate of whole grain foods

Eating only a part of your meal can result in nutrition gaps

It may be difficult to eat enough of the right foods when you don't feel well.



Adding a nutrition drink can help fill the nutrition need

If you eat less than half of your daily meals, drink Glucerna® Hunger Smart® to help fill the nutrition needs in your diet. Remember to count consumption toward your daily fluid intake.

1 Eating tips for people with diabetes

- Fill up your plate with the right balance of healthy foods.
- Eat meals and snacks about the same time and in the same amount each day.
- Choose lean protein foods.
- Eat foods high in vitamins, minerals, and fiber (whole grains, vegetables, and fruits).
- Choose non-fat milk and yogurt, and low-fat cheeses.
- Limit salt, sugar, sweets, and high-fat foods.

2 If you're having trouble getting the food and fluids you need each day:

- Prepare low-sodium meals in advance. Freeze extra servings that can be heated easily.
- Eat 4 to 6 small snack-like meals. Make 1 or 2 of the small meals a nutritional drink like Glucerna Hunger Smart, or a smoothie made with low-fat yogurt and berries.

3 Talk to your doctor or nurse if:

- Your blood glucose is too high much of the time, or you have symptoms of high blood glucose:
 - You have problems with your eyes or vision
 - You experience tingling or numbness in your hands or feet
 - You experience increased thirst or urination

Use as part of a diabetes management plan

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Glucerna® Hunger Smart® has CARBSTEADY®, which includes low glycemic carbohydrates, clinically shown to help minimize blood sugar spikes in people with diabetes.

**FAMILY PRACTICE
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