

NUTRITION INFORMATION FROM YOUR DIETITIAN

3-day Simple Heart Healthy, Low Sodium Meal Plan

This is a low sodium meal plan intended for short-term use as you recover from a recent hospitalization. This menu can be used for 1 to 3 days after surgery. Following a low sodium diet will help manage some symptoms of heart failure and contribute to your overall heart health.

DAY 1	DAY 2	DAY 3
BREAKFAST		
<ul style="list-style-type: none"> • 1 cup hot or cold cereal with ½ c. low fat milk • 1 fruit choice • 1 slice whole wheat toast • 1 Tbs. peanut butter 	<ul style="list-style-type: none"> • 1 cup hot or cold cereal with ½ c. low fat milk • 1 fruit choice • 1 slice whole wheat toast • 1 Tbs. peanut butter 	<ul style="list-style-type: none"> • 1 cup hot or cold cereal with ½ c. low fat milk • 1 fruit choice • 1 slice whole wheat toast • 1 Tbs. peanut butter
MORNING SNACK		
• Choose 2 items from the list below	• Choose 2 items from the list below	• Choose 2 items from the list below
LUNCH		
<ul style="list-style-type: none"> • Egg salad sandwich (1 hardboiled egg, 2 tsp. light mayonnaise, 2 tsp. plain yogurt, pepper to taste, 2 slices whole wheat bread) • 1 c. green salad • ½ c. fruit choice • 1 c. low fat milk 	<ul style="list-style-type: none"> • Lean pocket (choose from grocery list) • 1 c. green salad • ½ c. fruit choice • 1 c. low fat milk 	<ul style="list-style-type: none"> • Chicken sandwich (½ c. shredded chicken, 1 Tbs. light mayonnaise, ½ tsp. mustard, lettuce, tomato, avocado (optional), 1 slice Swiss cheese, 2 slices whole wheat bread) • ½ c. fruit choice • 1 c. low fat milk
AFTERNOON SNACK		
• Choose 2 items from the list below	• Choose 2 items from the list below	• Choose 2 items from the list below
DINNER		
<ul style="list-style-type: none"> • Frozen dinner (see grocery list) • Frozen or canned vegetable choice • 1 c. low fat milk 	<ul style="list-style-type: none"> • Summer vegetable pasta salad (see recipe below) • 1 c. low fat milk 	<ul style="list-style-type: none"> • Frozen dinner (see grocery list) • Frozen or canned vegetable choice • 1 c. low fat milk OR leftover Summer vegetable pasta salad
Calories: 1690 Sodium: 1949mg	Calories: 1752 Sodium: 1502mg	Calories: 1554 Sodium: 2045mg

SNACK OPTIONS

- 5–6 low sodium whole grain crackers
- 1 string cheese
- 2–3 Tbs. unsalted nuts or trail mix
- ½ c. apple slices or other fruit choice
- 1 Tbs. peanut butter
- 6 oz. yogurt
- Rice cakes
- 1 c. carrots/celery sticks or other vegetable plus 2 Tbs. hummus
- 1–2 c. unsalted popcorn
- 1 Snack pack chocolate pudding
- Granola bar (with less than 90mg sodium)

GROCERY LIST

(for one person):

- Bell pepper
- Cherry tomatoes
- Yellow onion
- Yellow squash
- Minced garlic
- Fresh basil
- Lettuce
- Tomato
- Avocado (optional)
- Black pepper
- Chicken breasts (2)
- Cold or hot cereal (less than 300mg sodium per serving)
- Peanut butter
- Whole wheat pasta
- Whole wheat bread (less than 80mg sodium per slice)
- Low fat milk (cow or soy)
- Plain yogurt
- Eggs
- Swiss cheese
- Olive oil
- Light mayonnaise
- Mustard (optional)
- Canned corn (no salt added)
- Selected snack options (see page 1)

- **Frozen dinner choice**

(You will need a frozen dinner choice for 1–2 meals. Choose meals with less than 600 mg sodium.)

- **Nestlé Lean Pocket**

(Choose Philly Steak and Cheese, Reduced Fat Pepperoni Pizza or other option with less than 500 mg sodium.)

- **Frozen or canned vegetable choice**

(You will need enough vegetables for 3 meals — if vegetables are canned, look for no-salt-added varieties.)

- **Fruit choices**

(You will need 6–10 servings.)

Summer Vegetable Pasta Salad

Servings: 6

Serving size: about 1½ cups

Prep time: 10 minutes

Total time: 10 minutes

Ingredients:

- 1 box whole wheat pasta (rotini or penne)
- 1 green bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1 yellow onion
- 1 yellow squash, sliced and halved
- 1 can of no-salt-added corn, drained and rinsed
- ¼ c. extra virgin olive oil
- ¼ c. fresh basil, cut into slivers
- 1 Tbs. black pepper
- 2 Tbs. minced garlic

Preparation:

- Cook pasta according to directions on package, but leave out added oil and salt.
- Meanwhile, dice vegetables and put into large bowl. Add corn.
- When pasta is done, drain and allow to cool.
- Add pasta, olive oil, basil, black pepper and garlic to bowl.
- Stir gently to mix pasta and vegetables. Adjust seasoning to taste.
- Serve warm or at room temperature.