Salt Advice for People Living with Heart Failure

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West Hertfordshire Teaching Hospitals NHS Trust

Patient information

Salt Advice for People Living with Heart Failure

Excellent patient care, together

Advice on Salt intake for patients with Heart Failure

Food Group	Avoid	Choose Instead
Meat	Bacon, sausages, gammon, black pudding, tinned meat, corned beef, spam, ham, pate, salami, burgers, pepperoni, meat pies, readymade meat meals	Plain meat; roast chicken, lamb, beef, pork, chops, steak, mince
Fish	Smoked fish, fish in brine (tuna, anchovies, sardines), prawns, fist paste or pate	Fresh fish, tinned fish in spring water or oil
Cheese and Dairy	Cheddar, Cheshire, Edam, brie, feta, processed cheese (slices, spread), salted butter	Cottage cheese, cream cheese, flavoured cream cheese, ricotta, eggs, milk, yoghurt, cream, unsalted butter
Snacks	Crisps, maize, corn, wheat snacks, Pringles, salted nuts, Twiglets, pork scratchings, salted popcorn, Ritz or TUC crackers, instant noodles	Unsalted crisps, nuts and crackers, plain popcorn
Other meals	Storebought pizza, quiche, pasta sauce, curry sauce, chutney, pickles	
Soup	Packet, canned and supermarket fresh soups	Homemade soup (without stock cubes)
Bread and Cereal	Instant noodles, savoury rice, instant mashed potatoes, tinned spaghetti or ravioli, sourdough, focaccia	Porridge, oats, pasta, rice, couscous, pizza
Seasoning	Soy sauce, marmite, OXO, yeast extract, stock cubes, gravy powder/granules, tinned packet and bottled sauces, tomato ketchup, mayonnaise, horseraddish, pesto	Pepper, chilli powder, curry powder, herbs, lemon juice, mustard powder, garlic, paprika, vinegar
Sweets and Desserts	Cheese and crackers, biscuits	Fruit, jelly, ice cream, milky pudding, chocolate spread

Low salt content: 0.3g or less per 100g **Salt content** = Sodium content x 100

Do NOT add salt when cooking or at the table

How to contact us

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PALS

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email westherts.pals@nhs.net.



Concerns, complaints or suggestions
If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

For more information, please scan the QR code or visit our website.

Survey - Friends and Family Test

We welcome feedback about your care, this feedback is shared with all staff we can improve patients' experience. Click this link or use the QR code with your smartphone.

Department	Cardiology
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