



Deli—Butcher—Meat Department

Aisle 22: Cookies

Aisle 21: Portable Snacking

Aisle 20: Candy/Salty Snacks

Aisle 19: Salty Snacks

Aisle 18: Water/Juice

Aisle 17: Water/Juice

Aisle 16: Soft Drinks

Aisle 13-15 Beer, Wine Liquor

Aisle 12: Dairy

Aisle 9-11: Frozen Foods

Aisle 8: Breakfast

Aisle 7: Coffee/ Gluten Free

Aisle 6: Baking

Aisle 5: World Foods

Aisle 4: Dinners

Aisle 3: Soup/Crackers

Aisle 2: Condiments/Bread

Aisle 1: Sweet Goods/Bakery

Fresh Produce

Produce	
Choose	Avoid
Fresh fruit Fresh vegetables Dried fruit Unsalted nuts Tofu without added sodium	Dried fruits preserved with sodium-containing additives
Deli	
Choose	Avoid
Small amounts of natural, block cheese or reduced sodium cheese (Swiss, ricotta, fresh mozzarella)	Deli meats Deli salads
Butcher/Meat Department	
Choose	Avoid
Fresh meats and fish Fresh poultry	Hot dogs Sausage Bacon Ham Bratwurst
Aisle 1: Sweet Goods/Bakery	
Choose	Avoid
Bread products with < 80 mg sodium per slice Angel Food Cake	Breads topped with salt, cheese, or other seasonings Commercially prepared cakes, pies, cookies, and pastries
Aisle 2: Condiments/Bread	
Choose	Avoid
Bread products with < 80 mg sodium per slice Salt-free sauces/dressings Mustard	Ketchup BBQ sauce Worcestershire sauce Pickles Olives Relish Salad dressings (e.g. ranch, blue cheese, Italian, French)

CONGESTIVE HEART FAILURE MAP – STORE #301

Aisle 3: Soup/Crackers	
Choose	Avoid
Low-sodium or sodium-free canned soups Unsalted or low-sodium crackers Olive oil Vinegar	Crackers topped with salt Spray cheese products Canned soups, dried soups, or broths unless they are salt-free or low-sodium Ramen noodles Canned pasta
Aisle 4: Dinners	
Choose	Avoid
Low-sodium or sodium-free canned vegetables/beans Canned fruits Canned or packed tuna (< 4oz/serving) Dried beans and peas	Prepackaged bread crumbs Canned vegetables with salt added Sauerkraut/pickled vegetables Canned meats (chili, Vienna sausages, sardines, Spam) Smoked fish Packaged gravies Flavored rice
Aisle 5: World Foods	
Choose	Avoid
Dry pasta, noodles, quinoa, rice Low sodium tomato paste, canned tomatoes, and tomato sauce Salsa with < 140 mg sodium per serving	Sauerkraut/pickled vegetables Pepperoni Soy sauce Teriyaki sauce Salsa with >140 mg sodium per serving
Aisle 6: Baking	
Choose	Avoid
Bread mixes made with reduced-sodium baking soda Dried fruit (e.g. raisins, cranberries, prunes) Milk powder Unsalted baking nuts Jell-O, Gelatin Cooking oils (canola, corn, sunflower, vegetable) Unsalted herbs or spices Extracts (vanilla, lemon, lime, almond) Cocoa powder Pepper Salt-free seasoning mixes (e.g. Mrs. Dash®, McCormick's salt-free blend®)	Biscuits, cornbread and other "quick" breads made with baking soda Seasoned, prepackaged bread crumbs Self-rising flours Dessert mixes Dried fruits preserved with sodium-containing additives Dried buttermilk Salt, sea salt, kosher salt, onion salt, garlic salt Seasoning mixes containing salt Meat tenderizers
Aisle 7: Coffee/Tea	
Choose	Avoid
Shelf stable rice/soy/almond milk Tea Coffee	Hot Chocolate mixes with >140mg sodium per serving

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Aisle 8: Breakfast	
Choose	Avoid
<p>Cold cereals, especially shredded wheat and puffed rice Oatmeal, grits, Cream of Wheat® Unsalted peanut butters or nut butters</p>	<p>Cereals (hot/cold) with >300mg sodium per serving</p>
Aisles 9-11: Frozen Foods	
Choose	Avoid
<p>Frozen vegetables without added sauces, salt, or sodium Frozen edamame without added sauces, salt, or sodium Frozen fruit Cool-Whip topping Frozen fruit bars Frozen meals with <600 mg sodium per serving</p>	<p>Frozen vegetables with sauces or seasonings French fries, tator tots, onion rings Frozen meals with >600 mg sodium per serving Frozen breakfast meats or breakfast sandwiches Frozen pizza</p>
Aisle 12: Dairy	
Choose	Avoid
<p>Milk Rice/soy/almond milk Yogurt Small amounts of natural, block cheese or reduced sodium cheese (Swiss, ricotta, fresh mozzarella) Regular or soft cream cheese Low-sodium cottage cheese Eggs or Egg beaters Tub or liquid margarine</p>	<p>Buttermilk Full-sodium cottage cheese Feta cheese Shredded cheese "Single" slices String cheese Salted butter or margarine Refrigerated dough or biscuits with >140mg sodium per serving</p>
Aisle 13: Beer	
<p>Talk to your doctor about alcohol intake</p>	
Aisle 14: Wine	
<p>Talk to your doctor about alcohol intake</p>	
Aisle 15: Liquor	
<p>Talk to your doctor about alcohol intake</p>	
Aisle 16: Soft Drinks	
Choose	Avoid
<p>Diet soda in moderation</p>	<p>Sugar sweetened beverages</p>

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Aisle 17: Water/Juice	
Choose	Avoid
Bottled Water	Sports drinks (Gatorade®, Powerade®, etc.) Energy drinks
Aisle 18: Water/Juice	
Choose	Avoid
100% Fruit juice Low-sodium vegetable juice	Fruit punches
Aisle 19: Salty Snack	
Choose	Avoid
Unsalted pretzels Unsalted popcorn	Salsa with >140 mg sodium per serving Salted chips, pretzels, and popcorn Queso cheese dip
Aisle 20: Candy/Salty Snacks	
Choose	Avoid
Dried fruit (e.g. raisins, cranberries, prunes) Unsalted nuts	Dried fruits preserved with sodium-containing additives Smoked meats (jerky) Candy with >140mg sodium per serving
Aisle 21: Portable Snacking	
Choose	Avoid
Applesauce Granola bars Fruit leathers 100% Fruit juice boxes	Snacks with >140mg sodium per serving
Aisles 22: Cookies	
Choose	Avoid
Cookies and sweets in moderation	Cookies with >140mg sodium per serving

Congestive Heart Failure General Tips

- Fresh and frozen fruits and vegetables without added juices or sauces are naturally low in sodium.
- Fresh meats are lower in sodium than processed meats, such as bacon, sausage, ham, hot dogs, and sliced deli meats.
- When shopping, look for food packages that say “salt-free” or “sodium-free”. These foods contain less than 5mg of sodium per serving.
- “Very-low sodium” products contain **less than 35 mg** of sodium per serving.
- “Low-sodium” products contain **less than 140 mg** of sodium per serving.
- “Unsalted” or “no added salt” products may still be high in sodium. Check the nutrition label for more information.
- Pay attention to serving sizes on food labels.
- Use spices, herbs, and other seasonings instead of salt to flavor foods.
- Your doctor may recommend a fluid restricted diet. Talk to your doctor about how much fluid you can have. Foods that are liquid at room temperature, like popsicles, soup, ice cream and Jell-O, are considered fluids.
- Snack on fresh fruits, vegetables, and unsalted nuts instead of salty snack foods, such as chips or salted nuts.
- Changing food habits is a skill that takes time and practice. It takes taste buds at least three weeks to lose their taste for sodium. Get support from your family and friends and set realistic goals.

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