

# PHA PATIENT EDUCATION CLINIC SERIES



## Sodium, Fluid and Weight Management for Pulmonary Hypertension

Sodium causes you to retain extra fluid, which may worsen PH symptoms, and puts even more pressure on your heart – a serious risk for people with PH. Sodium is a naturally occurring element in many foods, especially table salt. Many PH patients are asked to restrict how much sodium they eat daily to 2 grams or 2,000 milligrams. Some PH patients have even lower recommended levels. Many PH patients may also need to reduce the amount of fluid they consume to 2 liters per day (or sometimes less). Use this worksheet to work with your PH team to help manage how much sodium and fluid you should consume a day.

► **My health care provider recommends that I restrict my daily intake to:**

\_\_\_\_\_ mg of sodium      \_\_\_\_\_ liters OR \_\_\_\_\_ oz. of fluid

► **Remember to:**

- Take all medications as prescribed.
- Avoid NSAID medications such as ibuprofen (Advil, Motrin) or naproxen (Aleve).

Weigh yourself every day at the same time, using the same scale. Many people weigh themselves in the morning just after they have gone to the bathroom. Keep a record of your weight, when you weighed yourself, and **call your provider IMMEDIATELY if you experience a gain of 2-3 lbs. in a day or 5 lbs. in a week.**

Dry (Target) Weight: \_\_\_\_\_ Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

### How to maintain a low sodium diet

- Always check nutrition labels.
- Choose fresh foods over processed or packaged foods.
- Choose lean cuts of meat, fish or eggs.
- Choose dried beans or low-sodium canned beans.
- Choose fat-free or low-fat dairy, watch out for cheese (which can be high in sodium).
- Use fresh or dried herbs and spices, avoid pre-mixed seasonings which may contain salt.
- Don't forget about sauces, dressings and condiments! They can contain lots of salt!
- Remember: 1 tsp salt = 2,000 mg sodium; 1 tsp baking soda = 1,000 mg sodium.
- Sodium can hide in mouthwash, toothpaste, antacids and some other medications (ask your pharmacist).

"Low sodium foods" contain **5% or less** of your percent daily value; "High sodium foods" contain **20% or more** of your percent daily value.

Nutrition Facts		
Serving Size 3/4 cup (29g)		
Servings Per Container about 17		
	Cereal with 1/2 cup Dry skim milk	
Amount Per Serving		
<b>Calories</b>	110	150
Calories from Fat	5	10
% Daily Value**		
<b>Total Fat</b> 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
<b>Sodium</b> 210mg	9%	11%
Potassium 160mg	5%	10%
<b>Total Carbohydrate</b> 24g	8%	10%
Dietary Fiber 5g	20%	20%
Sugars 5g		
Other Carbohydrate 14g		
<b>Protein</b> 3g		

### Fluids you should track include

- Water
- Alcohol
- Ice (melt & measure)
- Soda
- Coffee (hot or iced)
- Tea (hot or iced)
- Hot chocolate
- Juice
- Milk
- Milkshakes
- Ice cream or sherbet (1 cup = 1 cup fluid)
- Gelatin (1 cup = 1 cup fluid)

### Fluid measurement conversions

1 quart	= 4 cups	= 32 oz.	= 980 ml
1 pint	= 2 cups	= 16 oz.	= 480 ml
	1 cup	= 8 oz.	= 240 ml
	1/2 cup	= 4 oz.	= 120 ml
	1/3 cup	= 3 oz.	= 90 ml
	1/4 cup	= 2 oz.	= 60 ml
		= 1 oz.	= 30 ml

### Standard Beverage Sizes

- Plastic Bottle = 16.9 oz.
- Porcelain mug = 11 oz.
- Aluminum can = 12 oz.
- To-go coffee:
  - Small = 12 oz.
  - Medium = 16 oz.
  - Large = 20 oz.