

Tip: Heart-healthy foods to eat:
 Fish containing omega-3
 (anchovies, salmon, mackeral, sardines, rainbow trout, etc.) Lean meat Lean meat
 Nuts and legumes
 A variety of colorful fruits a
 Whole grains
 Low-fat dairy products
 Non-tropical vegetable oils (canola, corn, olive, etc.) MILK Foods **to avoid:**Drinks and foods with
Foods high in sodium
Simple carbohydrates

> lifestyle or better health Getting enough rest and quitting smoking are two things that can help improve the health of peop with heart failure. Changing habits like these may seem difficult at first, but these sma changes can make a huge difference.

Tip: People with heart failure can wear a sleep tracker to monitor sleeping habits, and make adjustments as needed. of hospitals identified as leadin centers for quality of care have smoking counseling as part of their program.

Researchers from the **CONNECT-HF** trial want to help patients with heart failure, by studying what resources and treatment plans are most helpful in managing heart failure, and then using those findings to encourage hospitals, doctors, and patients

REFERENCE

http://www.heart.org/HEARTORG/Conditions/H Types-of-Heart-Failure_UCM_306323_Article.js

CONNECT-HF