

# Food Frequency Questionnaire To Estimate Sodium Intake of Heart Failure Patients.

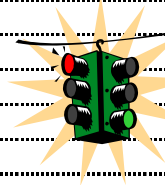
Prepared by CMG Nutrition Services, September 2006  
Encourage patients to read food labels for more exact data.  
Begin question with: How many days a week do you eat...

**Goal:** Less than 2000 mg/day.

Sodium Content of Foods (mg/sv or meal)  
≥ 1000    500 - 1000    250 - 500    < 250

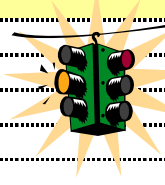
### HIGHEST CONTENT (not recommended)

1. Canned or dehydrated soups including Ramen noodles?
2. Canadian bacon, ham, or any "preserved" meat?
3. Sandwich w/ham, baloney, cheese, other packaged meat?
4. Hot dogs, corned beef, "chipped" beef, chorizo, sausages?
5. A meal at **any** "fast food" restaurant? (*Arbys, McD, Subway, KFC, Wendy's, Taco Bell, BK, Pizza Hut, etc.*)
6. Chinese food restaurant or buffet?
7. Mexican food restaurant?
8. Breakfast out? (*Denny's, Coco's, Village Inn, etc.*)
9. Packaged meals (*Hamburger Helper, macaroni & cheese, Spanish rice*)?
10. Canned entrees: (*stew, ravioli, beans&franks, chili, spaghetti w/meat sauce, beef hash, chowders, etc.*)?
11. Frozen entrees: (*Hungry Man, Marie Calendar's, Banquet, most frozen pizzas*)
12. Misc?: (*soy sauce, meat tenderizer, bouillon, pickles*)



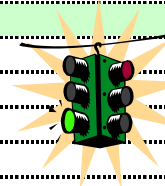
### MODERATE (limited use)

1. Cheese (*Velveeta, grated American, Swiss, feta*)
2. Canned vegetables (unrinsed) & baked beans
3. Canned vegetable juice (tomato, V-8)
4. Cottage cheese or buttermilk (1 cup, low fat)
5. Frozen entrees (i.e., Healthy Choice, Smart One, etc.)
6. Breaded fish (fish sticks, breaded fillet of fish)?
7. Sauerkraut (canned, 1/2 cup)
8. Most reduced sodium soups
9. BBQ sauce (1/4 cup)?
10. Bottled salsa (1/4 cup)?
11. Canned tuna, salmon ("unrinsed") or sardines (4)?
12. Bacon (3 slices) & eggs?
13. Bottled spaghetti sauce (1/2 cup)?
14. Snack foods (pretzels, chips)?



### LOWER (OK)

1. Whole wheat bread? (2 slices)
2. Most cold cereals with milk? Or prepackaged hot cereals?
3. Salad dressings (2T)
4. Puddings (instant)?
5. Pastries? (*Danish, donuts, muffins, waffles, pancakes, cookies*)
6. English muffin, flour tortillas, crackers?
7. "Rinsed" canned vegetables, beans, tuna or salmon?
8. Condiments (1-2 T) (regular mustard, ketchup, mayo, horseradish)



### LOWEST (highly recommended as basics)

1. Fresh, frozen, or canned fruits & juices?
2. Fresh or frozen vegetables or no salt added juices?
3. Fresh or frozen chicken, fish, lean meats (not breaded)
4. Starches prepared without salt (*oats, rice, noodles, sweet or white potatoes, beans, corn, peas, lentils*)
5. Meal replacement or supplement beverages (*Ensure, Slimfast, Boost*)

**TOTALS:** (Multiply column totals by appropriate factor and then add together.)

x1000    x750    x375    x25

**Weekly Total = \_\_\_\_\_ Divide by 7 to get average daily intake. If > 2000 mg/day, consider RD team.**