

Heart Healthy Precautions

Guideline:

The Heart Healthy Precautions is utilized for individuals desiring to reduce their risk of developing heart disease or minimizing further complications from heart disease. The Heart Healthy Precautions diet order is the preferred diet in health care communities versus a “Low Cholesterol” or “Low Fat, Low Cholesterol” Diet order. A less restrictive diet is shown to increase intake, enjoyment and palatability of the meal. More effective reduction in lipids is achieved through use of medication rather than restricting the diet. Heart Healthy Precautions follows the Regular Diet and limits some high fat, high sodium foods.

1. If appropriate, education regarding the Heart Healthy Precautions is offered to the individual and documented in the Individualized Plan of Care and in a progress note.
2. The Heart Healthy Precautions utilizes the Regular Diet with precautionary foods listed noted in the Individualized Plan of Care and on the tray card.
3. The Heart Healthy Precautions restricts/discourages the following menu items:
 - Avoid use of a salt packet and do not add salt at the table.
 - Drink skim milk and utilize skim milk in cooking.
 - Avoid bacon, sausage or high fat lunchmeats.
 - Use egg substitutes or egg whites in place of eggs at breakfast.
 - Select fruit for dessert or 1/2 serving of the regular dessert.