

It's the most wonderful time of the year!

The CentraCare Heart & Vascular Center Heart Failure (HF) team wishes to provide resources to you and your loved ones. We will walk this journey with you. Our goal is to help you lead a healthy lifestyle, better adhere to medical advice and receive the latest in heart failure information.

Holidays

It is a wonderful time of year to get together with family and friends for holidays and gatherings. You may be going out to eat more than normal or eating potluck style. This can present many challenges in determining how much sodium you are consuming. It is important to make sure you are logging your daily weights, watching for any increased HF symptoms and knowing to call your clinic/providers when you notice the onset of symptoms, or your symptoms worsen. On behalf of the Heart & Vascular Center, we would like to share some tips to help you navigate through the holiday season.

Tips for eating out:

- ▶ Choose vegetarian, fish or poultry entrées.
- ▶ Select a baked potato and/or vegetables as a side instead of classic fries.
- ▶ Salads are a great heart healthy option but remember to choose low-fat or fat-free dressing options.
 - Vinaigrette dressings double as flavorful low-sodium *and* low-calorie options.
- ▶ Instead of prime rib, select the smallest size sirloin or filet.
- ▶ Beware of toppings for burgers (i.e. cheese, sauces, bacon).
- ▶ Split an entrée with another person and try to avoid all-you-can-eat buffets.
- ▶ Choose baked, broiled or grilled for preparation versus fried.
- ▶ Ask for items unseasoned; bring your favorite salt-free or low-sodium seasoning in your pocket or purse.
- ▶ Avoid dishes that contain large quantities of cheese, sour cream and mayonnaise.
- ▶ Inquire about whole-grain breads, pasta and brown rice. Then choose a portion the size of your fist or share an entrée.

Tips for eating at family get-togethers:

- ▶ Plan ahead.
- ▶ Eat more low-sodium, fresh meals the rest of the day and the day after holiday gatherings, such as fresh fruit, fresh vegetables, poultry or fish you season yourself.
- ▶ If it tastes salty, it IS salty. Try to avoid those options or limit them to a couple bites.
- ▶ Pick items that are made with fresh items like fruit and vegetables.
- ▶ Avoid or limit items with lots of sauce, gravy, dressings and/or cheese.

Low-sodium holiday meal plan and entrée comparison:

Typical Meal	Sodium mg	Modified Meal	Sodium mg
Self Basting Turkey, 4 oz (bought frozen)	400	Fresh Turkey, prepared with minimal salt, 4 oz	100
1 Cup Stove Top Stuffing	880	1/2 Baked Sweet Potato w/ small pat of light tub spread, dash of cinnamon, a tsp. of brown sugar	60
¼ Cup of Gravy	200	¼ Cup of Gravy, made with no-salt added chicken broth	50
1 Cup of Mashed Potatoes, made with butter and salt	300	1 Cup of Mashed Potatoes prepared with skim milk, light tub spread	60
Dill pickle, 4" spear	350	Fresh vegetables	25
¼ Cup of Cranberry Sauce	10	¼ Cup of Cranberry Sauce	10
1 dinner roll with spread	140	1 dinner roll with spread	140
1 cup green bean casserole	700	1 Cup of green beans with light spread	45
1/8 th Slice of Pumpkin Pie (Libby's recipe)	350	1 Slice Pumpkin Pie, no salt added in the recipe	200
Grand Total	3,340 mg	Grand Total	690 mg

Savory Roasted Turkey

The American Heart Association Low-Salt Cookbook

Ingredients:

12-pound fresh or frozen turkey, not injected with a basting solution
 Pan spray
 2 tablespoons *Herb Seasoning, *Lemon Herb Seasoning, *Savory Herb Blend, or no-salt-added herb seasoning (*See separate recipes below)
 1 celery rib, cut into 1-inch pieces
 1 medium carrot, unpeeled, cut into 1-inch pieces
 1/2 medium onion, sliced
 1 small lime, quartered
 4 sprigs fresh rosemary
 1/2 cup homemade chicken broth or commercial low-sodium broth
 3 cups Easy Gravy (optional)

Directions:

If cooking a frozen turkey, thaw completely using package directions. Preheat oven to 325 degrees. Lightly spray rack of roasting pan with pan spray. Do not spray bottom of pan.

Remove giblets and neck from turkey cavity; save for another use or discard. Rinse turkey and pat dry with paper towels. Rub outside of turkey with herb mixture. Put turkey with breast side up on rack in roasting pan. Lightly spray surface of turkey with pan spray. Put celery, carrot, onion, lime and rosemary in turkey cavity. Roast for 3 hours and 30 minutes to 3 hours and 45 minutes basting once every hour with pan juices (or up to ½ cup broth). Turkey is done if juices run clear when you pierce a thigh with a sharp skewer or if an instant-read thermometer registers 180 degrees when you insert it between thigh and breast meat (be sure thermometer does not touch bone). Remove from oven and let stand for 15 minutes before carving. Discard vegetables in the cavity. Remove skin before serving turkey.

Yield: Serves 20 (1 serving = 3 ounces) Nutrition Information per 3 oz. serving: calories: 150, Fat: 5g, Sat. Fat: 2g, trans fat: 0g, sodium 57mg, carbohydrates: 0g, fiber: 0g, protein: 25g

Herb Seasoning

An all-purpose replacement for the saltshaker, this flavorful seasoning is perfect for keeping on the table and on the kitchen counter. This mixture is good with vegetables, meats, casseroles and stews.

1 Tbsp. garlic powder	1 tsp. ground mace or nutmeg
1 tsp. dried basil, crumbled	1 tsp. onion powder
1 tsp. dried marjoram, crumbled	1 tsp. pepper
1 tsp. dried thyme, crumbled	1 tsp. sage, rubbed or crumbled
1 tsp. dried parsley, crumbled	½ tsp. cayenne (optional)
1 tsp. dried savory, crumbled	

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months.

Makes ¼ cup. Serving size = ½ tsp.

Lemon Herb Seasoning

Use a sprinkle of this seasoning to bring out the flavor of seafood, poultry or green salads.

¼ cup plus 1 Tbsp. dried basil, crumbled	1½ Tbsp. whole celery seeds
¼ cup dried oregano, crumbled	½ tsp. garlic powder
1½ Tbsp. pepper	½ tsp. dried grated lemon zest
1½ Tbsp. dried onion flakes, crumbled	

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months.

Makes ½ cup plus 1 Tbsp. Serving size = ½ tsp.

Savory Herb Blend

The herbs in this blend will make you want to discover salad all over again.

¼ cup dried parsley, crumbled	2½ tsp. dried savory, crumbled
½ cup dried marjoram, crumbled	2½ tsp. dried sage, rubbed or crumbled
2½ Tbsp. dried basil, crumbled	2¼ tsp. dried thyme, crumbled
1½ Tbsp. crushed red pepper flakes	2 tsp. dried onion flakes, crumbled
1½ Tbsp. dried rosemary, crushed	2 tsp. dried dill weed, crumbled
1¼ Tbsp. celery seeds, crushed	1¼ tsp. pepper
¾ tsp. garlic powder	

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months. Makes 1 cup. Serving size = ½ tsp.

Grilled Low Sodium Maple-Chipotle Sweet Potato Hash

Recipe from Christopher Lower

Ingredients

Hash:

- 1 oz. container fresh baby or regular Brussel sprouts or one pkg frozen, about 12
- 2 Granny Smith apples, cored and cubed
- 2 big, sweet potatoes, peeled and cubed
- 1 medium butternut squash, peeled, seeded and cubed.
- 1 medium yellow onion, 1" diced
- Extra-virgin olive oil to grease your roasting pan

Glaze:

- ¼ cup maple syrup
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. chipotle pepper (or more to taste also can use chipotle tabasco sauce)
- Fresh cracked pepper to taste

Topping (Optional):

- 4 slices low-sodium bacon cooked & crumbled into final dish
- 2-3 Tbsp. fresh grated Parmesan cheese

Instructions

Preheat oven (or grill) to 400 degrees F. Grease a large baking sheet or roasting pan (lined with foil) generously with olive oil.

Remove any tough outer leaves from the Brussel sprouts and slice them in half, unless you are using baby ones, in that case leave them whole.

In a large bowl, combine sweet potatoes, onions and butternut squash. Drizzle liberally with olive oil, about 2 tablespoons. Add syrup, vinegar, chipotle pepper and pepper.

Toss the vegetables, add more olive oil if needed. Spread them out in one layer on the baking sheet.

Bake about 25-30 minutes or until sweet potatoes are tender and Brussel sprouts are lightly browned.

Meanwhile cook bacon however you prefer. Suggested: Put in a separate baking pan and bake it about 12-15 minutes or until crispy. Drain on paper towels and crumble when cool enough to handle.

Once the vegetables are cooked through, sprinkle with Parmesan and bacon. Toss and serve.

Serving: 1 cup sodium: 92.9mg sugar: 7.7g fiber: 3.2g cholesterol: 5.2mg calories: 139.4kcal trans fat: 1.4g polyunsaturated fat: 0.2g saturated fat: 1.4g fat: 4.2g protein: 3.4g carbohydrates: 23.2g

Lemon, Garlic & White Balsamic Roasted Green Beans

Recipe from Christopher Lower

Ingredients

- 4 cups fresh green beans, stems removed
- 1 Tbsp. olive oil
- 1½ tsp. white balsamic vinegar
- 1 tsp. minced garlic
- 2 lemons

Instructions

Preheat oven to 350 degrees F.

In a large bowl, whisk together the olive oil, white balsamic vinegar and minced garlic. Add the beans to the bowl and toss to coat the beans liberally on all sides.

Cover a large baking sheet with aluminum foil. Arrange green beans in a single layer on the sheet.

Cut lemons in half and place cut side down in the four corners of the baking sheet to roast with beans.

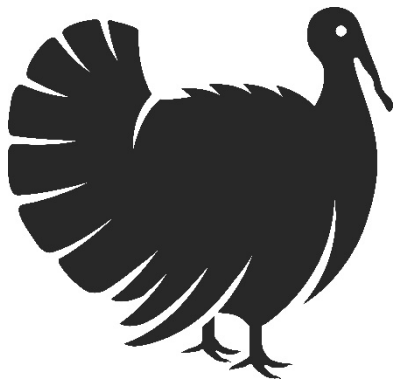
Roast for 15 minutes, or until green beans become lightly brown and crisp on the outside. Remove from the oven and place in your serving vessel.

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Squeeze the roasted lemon halves over the dish (be careful of any seeds) and serve immediately.

Serving: 1 cup sodium: 4.5mg sugar: 0.9g fiber: 2.6g calories: 49.8kcal trans fat: 1.7g polyunsaturated fat: 0.2g saturated fat: 0.3g fat: 2.3g protein: 1.4g carbohydrates: 7.3g

If a fruit comes from a fruit tree, where does a turkey come from?



A poul-tree!

Low Sodium Pumpkin Pie

Recipe from Christopher Lower

Ingredients

For the Crust

- 1¼ cup all-purpose flour
- 1 tsp. cider vinegar (the secret to flaky crust!)
- 3 Tbsp. ice water
- 7 Tbsp. of very cold unsalted butter, diced into small pieces

For the Filling

- 8 oz. Mascarpone cheese, softened
- 2 cups canned pumpkin, mashed
- 1 cup sugar
- 1 egg plus 2 egg yolks
- 1 cup milk
- 1/4 cup room temperature or melted unsalted butter, 1/2 stick
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground clove
- 1/2 tsp. ground nutmeg

Instructions

For the Crust

Break out your blending gadget of choice: hand mixer with large bowl, food processor or stand mixer.

Mix flour and butter by pulsing it in your mixer of choice. Add the vinegar and ice water, 1/2 tablespoon at a time, until dough forms into a ball. Gather up and form into a round disc.

Cover and refrigerate dough for 30 minutes before rolling out.

Roll dough out on a lightly floured surface into a 10-inch circle.

Place dough in pie plate and press it into place. Trim the edges and crimp for a decorative crust.

Preheat your oven to 350 degrees F.

Cover the dough with aluminum foil and weigh down the foil with pie weights or 2 pounds of dried beans to keep the dough from puffing up in the baking, and bake the pie crust for 10 minutes. Uncover the crust and cook the crust for 10 more minutes to set the crust. Set aside.

For the Filling

In a large mixing bowl, mix Mascarpone and pumpkin with a hand mixer until combined. Add sugar, egg, yolks, milk and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, ginger, cloves and nutmeg and beat until fully smooth.

Pour the mixture into the warm pie crust and bake at 350 degrees F. for 1 hour or until center is completely set and crust is golden brown.

Yield: 8 Servings: 1g (1 slice) sodium: 30.4mg sugar: 4.2g fiber: 3.1g cholesterol: 35.6mg calories: 228.2k cal saturated fat: 7g fat: 13.3g protein: 6.5g carbohydrates: 19.8g



HF Support Group:

Third Tuesday of the month at 3 p.m.

You and your friends and family are invited!

If you have HF, the HF Support Group provides information for you and your loved ones. At the meetings, you will find low-sodium snacks and drinks, resources to take home, recipes, educational materials and drawings for door prizes. Speakers present on a HF topic at most meetings. We will broadcast the speaker in St. Cloud to Melrose via the web. A staff member at CentraCare – Melrose will then facilitate table-top discussions on the HF subjects presented, serve low-sodium snacks and have a door prize drawing. The meeting usually lasts around an hour to an hour and a half. See below for upcoming meeting agendas.

Tuesday, Nov. 21: Arrhythmias and Pacemakers/ICDs

In November, staff from the Electrophysiology and Pacemaker/ICD Clinic at CentraCare Heart & Vascular Center will join us for the meeting. The first part of the presentation will touch on heart arrhythmias, symptoms, treatments and procedures. The second part of the presentation will focus on pacemakers and ICDs, including indications, device types and other interesting facts.

Tuesday, Dec. 19: Funeral Services

In December, staff from Williams-Dingmann funeral home will present information on planning for funeral services. This includes vital information required by funeral homes, information on cremation versus burial, pre-planning check lists and different categories to think about and discuss when creating a personalized end-of-life plan.

St. Cloud Support Group

Todd Steinke Auditorium, CentraCare Southpoint, 3001 Clearwater Road, St. Cloud

Melrose Support Group

Little Birch Room, CentraCare – Melrose, 525 W Main St., Melrose

RSVP for Support Groups:

We request an RSVP for our support groups so that there are enough supplies and snacks. **Please consider your RSVP confirmation of attendance.** Please either email: HFSupportGroup@centracare.com. Or call and leave a message at 320-470-0760, including which location and how many people will be attending.

Virtual platform: CentraCare has switched all virtual meetings to Microsoft Teams. If you wish to join the support group online, ask an HF nurse for a link or find it on the centracare.com HF page.



For more information and resources, please visit CentraCare.com

To contact the Heart Failure Clinic, call 320-656-7020.
Operating hours are 8 a.m. to 4:30 p.m., Monday - Friday.
Closed nights, weekends, and major holidays.

Questions, comments, or suggestions?
Contact Nancy Romness at 320-470-0760 or
the HF nurses at 320-656-7020.

Email: HFSupportGroup@centracare.com

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