

AFib-Friendly, Heart-Supportive Food Guide

Simple YES/NO list for an older adult on oxygen. Use alongside the cardiologist's care plan.

<p>YES - Choose more often</p> <ul style="list-style-type: none"> • Cooked vegetables (soft textures: carrots, squash, green beans) • Leafy greens* (spinach, kale, arugula) - see note below • Fruit (berries, banana, oranges; applesauce if chewing is hard) • Oats/oatmeal and other whole grains you tolerate • Beans/lentils (soups, hummus) if comfortable for digestion • Fish 1-2x/week (salmon, sardines, trout); otherwise lean protein • Eggs, skinless poultry, tofu • Plain/unsweetened yogurt or kefir (or unsweetened alternatives) • Healthy fats: olive oil, avocado; unsalted nuts or nut butter • Flavor boosters instead of salt: herbs, spices, garlic, lemon • Water/decaf tea/low-sugar fluids as allowed by clinician 	<p>NO - Limit / avoid most days</p> <ul style="list-style-type: none"> • Processed meats (bacon, sausage, hot dogs, deli meats) • High-sodium foods (canned soup, instant noodles, salty frozen meals) • Fried foods and pastries (fries, fried chicken, donuts) • Ultra-processed snacks (chips, cheese puffs) and frequent sweets • Sugary drinks (soda, sweet tea) and frequent juice • Cream- and butter-heavy sauces (alfredo, gravy most days) • Very salty condiments (soy/teriyaki, seasoning packets) • Alcohol (especially binges) unless cardiologist says OK • Too much caffeine (multiple strong coffees/energy products) • Large heavy meals that worsen shortness of breath
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*If taking warfarin (Coumadin): leafy greens are OK - keep intake CONSISTENT week to week. Avoid new supplements/herbal teas unless cleared by the cardiologist (possible interactions with blood thinners).

<p>Easy, gentle meal ideas</p> <ul style="list-style-type: none"> • Oatmeal + berries + spoon of plain yogurt • Scrambled eggs + cooked spinach + whole-grain toast • Salmon (or tuna) + soft veggies + brown rice/quinoa • Lentil/bean soup + fruit on the side • Greek yogurt + banana + thin spread of nut butter 	<p>Low-sodium swaps</p> <ul style="list-style-type: none"> • Use 'low sodium' canned items; rinse canned beans/veg • Choose grilled/baked over fried; use olive oil instead of butter • Season with lemon, garlic, pepper, herbs (skip seasoning packets) • Pick plain yogurt; add fruit/cinnamon instead of flavored varieties • Limit deli meats; swap to eggs, tuna, chicken, or hummus 	<p>Daily check-in</p> <ul style="list-style-type: none"> • Fluids: [] met goal (as allowed) Caffeine: [] 0-1 drinks • Salt: [] avoided processed meats / salty packaged foods • Meals: [] smaller portions, more often (4-6 small meals) • Symptoms today? [] palpitations [] dizzy [] more short of breath -> call clinician
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Education only - not medical advice. Follow your cardiologist's plan, oxygen instructions, and any fluid/sodium restrictions given to you.