



Volume 6 – Winter 2019

“The Beat”

Happy Holidays

As 2019 comes to a close, we want to take this opportunity to thank each and every one of you for allowing our team to care for you. We hope you and your families will have a safe and healthy holiday season. Our clinic will be closed on Christmas Day and New Year’s Day.

Warm Welcome

Your heart failure department continues to grow. We are pleased to welcome two new staff members, Dr. Dan Dries and Darryl Hampton, NP.

Dr. Dries is board certified in advanced heart failure and transplant. He was born and raised in Texas but prefers the mountains to the wide-open spaces.

Darryl has joined our team as the LVAD Coordinator. He has 16 years of experience in health care. Many of you may have met him while he was working at Winchester Cardiology with Dr. Krishna.

What to Eat

Special occasions and holidays are typically associated with food and a time of over-indulging. Don’t let eating too much or salty foods land you in the hospital by following these simple tips to try to stay healthy during the holiday season:

- If sharing a meal with friends and family, be sure to **bring** a healthy, low-sodium dish to share.
- **Steer clear** of ham, brined, smoked or pickled meats, gravies (unless prepared with a low sodium broth), sauces, dressing, boxed mashed potatoes, canned

vegetables, casseroles and macaroni and cheese. If you must eat them, have just a tablespoon for taste.

- **Stick to** fresh turkey breast, fresh vegetables, baked white or sweet potato. Fill half your plate with fruit and fresh vegetables.
- **When snacking, avoid** the deli meats, olive and pickle tray, as well as salty chips and dips/ salsa.
- You may want to **budget your food choices** during the day if you know you are going to be tempted with a large meal later in the evening. Eat primarily fresh fruits and vegetables during the day so you can enjoy a few higher sodium content items at the party.
- Remember that **holiday leftovers count** in your sodium budget! Get back to eating your normal diet as soon as possible.

Modified from aahfnpatienteducation.com

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Online advanced heart failure resources:
www.mylvad.com
www.togetherinhf.com

Low Sodium Sausage Gravy and Biscuits

Low Sodium Sausage Gravy

Ingredients:

- 4 oz **low sodium** breakfast sausage
- 4 tbsp flour
- 2 tbsp olive or canola oil
- ½ tsp **no sodium** chicken base or 1 packet of **no sodium** chicken broth and seasoning
- 1 ½ cups skin or low fat milk

Directions:

1. Heat milk on stove top or in microwave until hot but not boiling.
2. Heat oil in a pan. Add flour and stir with a whisk until smooth. Cook for 5 minutes, stirring occasionally.
3. Pour in hot milk while stirring constantly.
4. Add chicken base and seasonings. Stir to mix thoroughly. Adjust seasonings to taste as needed.
5. Mix in 4 oz crumbled, cooked sausage and heat thoroughly.
6. Serve over biscuits; see recipe that follows.

Nutritional information for sausage gravy:

Serving size: ¾ cup	Saturated Fat: 1 g	Total Carbohydrates: 11 g	Prep Time: 15 minutes
Calories: 154	Cholesterol: 15 mg	Protein: 10 g	Cook Time: 15 minutes
Total Fat: 8 g	Sodium: 203 mg	Potassium: 212 mg	

Low Sodium Drop Biscuits

Ingredients:

- 2 cups flour
- 1 tbsp Rumford's **reduced sodium** baking powder
- 2 tsp sugar
- ½ cup unsalted butter or shortening
- 1 cup skim or low fat milk

Directions:

1. Preheat oven to 450 degrees.
2. Stir dry ingredients together.
3. Cut in **unsalted** butter (or shortening) until mixture resembles bread crumbs.
4. Add milk. Stir until just mixed.
5. Drop spoonful onto ungreased baking sheet.
6. Bake at 450 degrees for 10-12 minutes or until golden brown.

Nutritional information for biscuits:

Serving size: 1 biscuit	Saturated Fat: 2 g	Total Carbohydrates: 18 g	Prep time: 15 minutes
Calories: 146	Cholesterol: 21 mg	Protein: 3 g	Cook time: 20 minutes
Total Fat: 9 g	Sodium: 80 mg	Potassium: 22 mg	

Call the Heart Failure Clinic if you have questions.

540-536-4555

