

Heart Failure (HF) Evidence Based Nutrition Practice Guideline

HF Recommendations (2008)	HF Recommendations (2017)	Summary of Changes
SCREENING AND REFERRAL		
<p>HF: Medical Nutrition Therapy and Heart Failure</p> <ul style="list-style-type: none"> <i>HF: MNT and Heart Failure</i> 	<p>HF: Medical Nutrition Therapy</p> <ul style="list-style-type: none"> <i>HF: Medical Nutrition Therapy in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> <i>HF: Frequency and Duration of Medical Nutrition Therapy in Heart Failure (NYHA Classes I-IV/AHA Stages B and C)</i> <i>HF: Frequency and Duration of Medical Nutrition Therapy in Advanced Heart Failure (NYHA Class IV/AHA Stage D)</i> 	Updated.
NUTRITION ASSESSMENT		
	<p>HF: Nutrition Assessment</p> <ul style="list-style-type: none"> <i>HF: Nutrition Assessment in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> 	New recommendation.
HF: Protein Needs and Heart Failure		Updated in Energy and Protein Intake recommendation.

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<ul style="list-style-type: none"> HF: Protein Needs 		
<p>HF: Energy Needs and Heart Failure</p> <ul style="list-style-type: none"> HF: Energy Needs in Heart Failure Patients 	<p>HF: Assessment of Energy Needs</p> <ul style="list-style-type: none"> HF: Measure Resting Metabolic Rate (RMR) in Adults with Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D) HF: Estimate Resting Metabolic Rate (RMR) in Adults with Heart Failure (NYHA Classes I - IV/AHA Stages B and C) HF: Estimate Resting Metabolic Rate (RMR) in Adults with Advanced Heart Failure (NYHA Class IV/AHA Stage D) HF: Estimate Total Energy Needs Using RMR and Activity Factors in Adults with Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D) 	<p>Updated. Also updated in Energy and Protein Intake recommendation.</p>
NUTRITION DIAGNOSIS		
		<p>No NUTRITION DIAGNOSIS recommendations.</p>
NUTRITION INTERVENTION		
	<p>HF: Energy and Protein Intake</p>	<p>Updated.</p>

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	<ul style="list-style-type: none"> • <i>HF: Individualize Energy Intake in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> • <i>HF: Intentional Weight Loss in Obesity and Heart Failure (NYHA Classes I-IV/AHA Stages B and C)</i> • <i>HF: Individualize Protein Intake in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> 	
<p>HF: Sodium and Fluid Restriction and Heart Failure</p> <ul style="list-style-type: none"> • <i>HF: Fluid Intake</i> • <i>HF: Sodium Intake</i> 	<p>HF: Sodium and Fluid Intake</p> <ul style="list-style-type: none"> • <i>HF: Individualize Sodium and Fluid Intake in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> 	Updated.
<p>HF: Folate, B12 and Heart Failure</p> <ul style="list-style-type: none"> • <i>HF: Folate and Heart Failure</i> • <i>HF: B12 and Heart Failure</i> 		Updated in Coordination of Care recommendation.
<p>HF: Thiamine Supplementation and Heart Failure</p> <ul style="list-style-type: none"> • <i>HF: Thiamine Supplementation</i> 		Updated in Coordination of Care recommendation.

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<p>HF: Magnesium Supplementation and Heart Failure</p> <ul style="list-style-type: none"> <i>HF: Magnesium Supplementation</i> 		Updated in Coordination of Care recommendation.
<p>HF: Alcohol and Heart Failure</p> <ul style="list-style-type: none"> <i>HF: Alcohol and Heart Failure</i> 		Addressed as part of Sodium and Fluid Intake recommendation.
<p>HF: Coenzyme Q10, L-Arginine, Carnitine and Hawthorn Berry and Heart Failure</p> <ul style="list-style-type: none"> <i>HF: L-Arginine, Carnitine, Coenzyme Q10 and Hawthorn</i> 		Updated in Coordination of Care recommendation.
	<p>HF: Physical Activity</p> <ul style="list-style-type: none"> <i>HF: Encourage Individualized Physical Activity Plan for Adults with Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> 	New recommendation.
	<p>HF: Educate on Self-Care</p> <ul style="list-style-type: none"> <i>HF: Educate on Self-Care for Adults with Heart Failure (NYHA Classes I-IV/AHA</i> 	New recommendation.

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	<i>Stages B, C and D)</i>	
	<p>HF: Coordination of Care</p> <ul style="list-style-type: none"> <i>HF: Coordination of Care for Adults with Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> <i>HF: Consult with Interdisciplinary Health Care Team Regarding Vitamin, Mineral and Herbal Supplementation in Heart Failure (NYHA Classes I - IV/AHA Stages B, C and D)</i> 	New recommendation.
NUTRITION MONITORING & EVALUATION		
	<p>HF: Monitor and Evaluate Effectiveness of Medical Nutrition Therapy</p> <ul style="list-style-type: none"> <i>HF: Monitor and Evaluate Effectiveness of Medical Nutrition Therapy (MNT) in Heart Failure (NYHA Classes I-IV/AHA Stages B, C and D)</i> 	New recommendation.
OUTCOMES MANAGEMENT		
		No OUTCOMES MANAGEMENT recommendations.