Abstract

Background: Nutritional factors have a significant influence on the prognosis of patients with heart failure (HF). Objective: The goal of the present study was to assess the food intake of stable patients with HF. Methods: Patients of both genders aged over 18 years with a confirmed diagnosis of HF were recruited and matched with healthy individuals for age, sex and BMI. Food records and weighing were used to assess participant nutritional intake. DRIs and NCEP-ATP III recommendations were used to evaluate the adequacy of nutritional intake. Results: Sixty-five percent of the 40 patients in the sample and 48% of the 25 control subjects were men. The mean age in both groups was 54±8 years and mean BMI was categorized as overweight. Carbohydrate, trans fatty acid and sodium intake were higher in the HF group as compared to control subjects (p=0.006, p<0.001 and p=0.029). A positive association was found between a diagnosis of HF and excess carbohydrate intake (p=0.038). Patients with HF were found to consume 130% of the recommended dietary allowance for trans fatty acids, and participants in both groups consumed only 50% of the recommended amounts of -3 and -6 fatty acids. Similar findings were obtained for calcium and potassium. Participants in both groups consumed only 5% of recommended daily vitamin D levels. Mean sodium intake was approximately 200% of the recommended dietary allowance, and was found to be significantly higher among patients in the HF group (p=0.042). Conclusion: The present study demonstrated an inadequate intake of macro- and micronutrients such as sodium, trans fatty acids, -3 and -6 fatty acids, carbohydrates, calcium, potassium and vitamin D in patients with HF.

Keywords

Heart failure, Food intake, Energy intake, Nutrients, Dietary records.