

# **BLOOD PRESSURE**

## *What do my numbers mean?*

<b>Blood Pressure Classification</b>	<b>Systolic (top number)</b>	<b>Diastolic (bottom number)</b>
<b>Normal</b> (This is your goal!!!)	below 120	AND below 80
<b>Prehypertension</b>	120-139	OR 80-89
<b>Hypertension Stage 1</b>	140-159	OR 90-99
<b>Hypertension Stage 2</b>	$\geq 160$	OR $\geq 100$

## *What can I do to improve my blood pressure?*

- Maintain a healthy weight.
- Accumulate at least 30 minutes of physical activity on most days of the week.
- Enjoy more fruits, vegetables, fat free or 1% low-fat milk products, whole grains, beans, and nuts.  
NOTE: These foods are rich in potassium, calcium, and magnesium--three minerals that have been associated with lower blood pressure.
- Consume alcohol in moderation, if at all.  
No more than 1 drink/day (for women) or 2 drinks/day (for men).  
1 drink = 12 oz beer, 10 oz wine cooler, 4-5 oz wine, 1 ½ oz hard liquor.
- Reduce your sodium intake to <2300 mg/day (see back).
- Don't smoke!
- Limit saturated and trans fat for overall heart health.

## *Where can I go for more information?*

<http://www.nhlbi.nih.gov/hbp/index.html> (Your Guide To Lowering High Blood Pressure)

[www.nhlbi.nih.gov/health/public/heart/hbp/dash](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash) (Download "The DASH Eating Plan")

# TIPS TO LOWER YOUR SODIUM INTAKE

Get rid of the salt shaker.

(1 tsp. of salt has ~2300 mg of sodium--That's your whole day's allowance!)

Avoid other high sodium condiments:

- garlic, onion, & celery salt
- soy sauce
- teriyaki sauce
- bouillon cubes
- MSG
- salad dressing
- dips
- pickles
- sauerkraut
- olives

Season foods with herbs, spices, fresh garlic, and lemon juice.

Avoid canned foods and “instant” or “ready to eat” food products.

Avoid processed and cured meats.

Examples: bacon, sausage, ham, hot dogs, corned beef, pastrami, pepperoni, beef jerky, packaged luncheon meats, anchovies, sardines.

Limit cheese and salty snack foods.

Choose FRESH over processed foods.

(Fresh fruit, vegetables, beans, grains, & lean meat)