Tips to Lower Blood Pressure With Food As Much as Medicine! (By 11 mm Hg points!)1

Hypertension is high blood pressure. Too much pressure in your blood vessels can increase the risk of **heart disease**, **stroke**, and **kidney problems**. The DASH diet (Dietary Approaches to Stop Hypertension) and studies referenced below provide important tips on how your diet can help you lower your blood pressure.

Eat vegetables & fruits

Eat at least 5 servings of vegetables and fresh fruit per day.2

One serving = 1 cup raw



Or = 1/2 cup cooked



Limit red meat

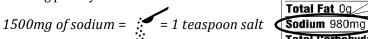
Limit your intake of red meat (beef, pork, lamb) and processed meats to one serving a week.3

One serving = 3.5oz = a deck of cards ■



Lower your sodium intake

Lower your sodium intake to 2400mg per day (less than 2 teaspoons of salt) or, for even more health benefits, to 1500mg per day.4





Remember, food often already has a lot of sodium. So be sure to read nutrition labels for sodium and serving size before you add salt!

ACTION PLAN

Eat unsaturated fats & plant-based protein

Eat unsaturated fats like extra virgin olive oil, avocados, and nuts.⁵ Instead of processed carbs, eat lean meats like chicken, turkey, and fish. Eat protein from legumes like beans and lentils.

Beans

Lean Meats

Healthy Fats









Consider the Mediterranean diet

Though it is somewhat different from the above dietary tips, the Mediterranean diet is also a delicious and effective way to lower your blood pressure. 6 See the Mediterranean Diet handout.

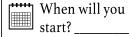
Reduce sugar

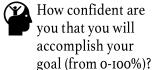
Drink water instead of sugar-sweetened beverages.3

Try flavoring your water with fruit, cucumber, limes, lemons, and mint instead of sugar.

Which of the

tips will you try? Circle them.





Follow-up J	plar
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1 DASH diet - NEJM 1997;336:1117

² BMJ 2014;349:g4490

3 NEJM 2010; 362:2101

4 DASH-sodium study. NEJM 2001;344(1):3

5 OmniHeart trial - JAMA 2005;294(19) 6 Predimed Trial -- BMC Medicine 2013; 11:207

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