

Name:

Date:



Healthy Diet List for Hypertensive Patients

What is Hypertension?

Blood pressure is recorded with two numbers.

The systolic pressure (higher number) is the force at which your heart pumps blood around your body.

The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels.

General Guide



High blood pressure is considered to be **140/90mmHg** or higher

Ideal blood pressure is considered to be between **90/60mmHg** and **120/80mmHg**

Low blood pressure is considered to be **90/60mmHg** or lower

Signs & Symptoms

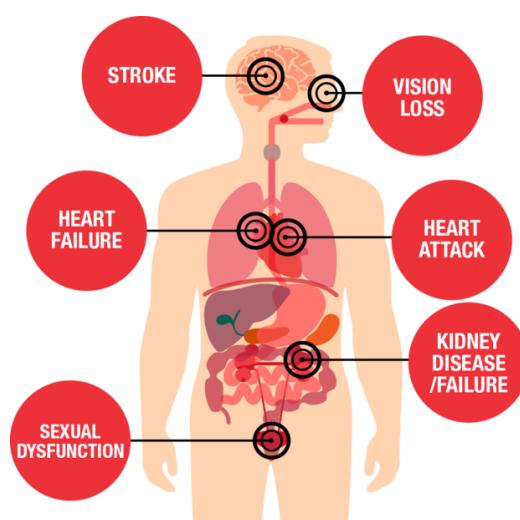
Hypertension is called the “silent killer” because it often has no signs or symptoms.

- Many people with high blood pressure don't even know they have it.
- High blood pressure develops slowly over time and can be related to many causes.
- High blood pressure cannot be cured. However, it can be managed very effectively through lifestyle changes and, when needed, medication.

Causes of Hypertension

- Age of 65 or more
- Overweight or obesity
- Unknown cause
- Have a relative with high blood pressure
- High salt diet
- Poor exercise
- High alcohol or coffee (caffeine-based drinks) intake
- Smoke
- Disturbed sleep cycle

Risks of Hypertension



Not Recommended

| | |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fruits & Vegetable | Fried fruits; fruits in cream or butter sauces Canned vegetables (unless they are low sodium or salt free) Pickles; vegetables packed in brine, such as sauerkraut or olives Fried vegetables; vegetables in cream or butter sauces |
| Milk & Dairy Products | Salty cheese, (all white cheese products must be sweetened in water for at least 15 min), processed cheese high in salt |
| Meat, Poultry & Fish and other Proteins | Canned or smoked meat or fish Marbled or fatty meats (such as bacon, sausage, hot dogs...) Poultry with skin High-sodium deli meats (such as turkey, salami) Canned beans (unless they are low-sodium or salt-free) |
| Fats & Oils | Solid cooking fats (lard, butter, margarine) Tropical oils (palm, palm kernel, or coconut oil) |
| Alcohol | Women: No more than 1 drink per day. Men: No more than 2 drinks per day. |
| Others | Salt, seasoning mixes made with salt Soy sauce Canned or dried soups (except for low-fat, low-sodium types) Catsup, barbecue sauce, hot sauce Bottled salsa (homemade without salt is fine) Sugary drinks (such as soda or fruit drinks) Snack foods made with hydrogenated oil or butter High-sodium snack foods (chips, salted nuts...) High-fat, high-sugar desserts |

Even if you are taking medications for your blood pressure, you should still limit how much sodium you consume.

In general, people with high blood pressure should get between 1,500 milligrams (mg) and 2,400 mg sodium per day.

Tips for Cutting Back on Sodium

1. Eat less salt at the table and when cooking. A single teaspoon of salt has 2,300 mg of sodium.
2. Add flavors to your food without adding sodium.
Try lemon juice, lime juice or vinegar.
Dry or fresh herbs add flavor.
Try basil, bay leaf, dill, rosemary, parsley, sage, dry mustard, nutmeg, thyme, and paprika.
Pepper, red pepper flakes, and cayenne pepper can add spice to your meals without adding sodium.
3. Choose carefully when you eat away from home. Restaurant foods can be very high in sodium. Let the person taking your order know that you are looking for low-salt or no-salt choices.
4. Be smart while shopping and always check the nutrition label.

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| “Salt-free” or “Sodium-free” | Contain less than 5 mg of sodium per serving |
| “Very low-sodium” | Contain less than 35 mg of sodium per serving |
| “Low-sodium” | Contain less than 140 mg of sodium per serving |
| “Unsalted” or “No Added Salt” | These items may still be high in sodium |

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