

YOUR HYPERTENSION NUTRITION PLAN



Hypertension, or high blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries and can cause damage to your organs. This can lead to heart attack, kidney disease, stroke, and blindness.

Hypertension can be lowered if you take the following steps:

Follow the DASH guidelines

Get to a healthy weight

Add physical activity into your lifestyle, aim for at least 2 hours and 30 minutes per week

Limit your alcohol intake

Take your medication as prescribed

Your Guide to Lowering your Blood Pressure with the DASH DIET

What is DASH ?

It stands for *Dietary Approaches to Stop Hypertension*.

The DASH eating plan is rich in fruits, vegetables, low fat milk products, whole grains, fish, poultry, beans, seeds, and nuts. It contains less sodium, sweets and added sugars, and red meats. It is also lower in sodium.

bp chart

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Sodium Free Flavoring Tips

Try these seasonings instead of salt

Beef: bay leaf, curry, dill, mustard, garlic, mushrooms, onion/onion powder, parsley, pepper, rosemary, sage

Chicken: basil, cloves, mushrooms, nutmeg, oregano, paprika, sage, thyme, tomato, tumeric

Eggs: dill, garlic/garlic powder, rosemary

Fish: bay leaf, basil, lemon juice, paprika, pepper, cilantro, tumeric

Pork; applesauce, basil, bay leaf, curry, onion/onion powder, garlic, rosemary, thyme

Vegetables: dill, basil, garlic, ginger, lemon juice, garlic or onion powder, vinegar

Desserts: cinnamon, cloves, ginger, nutmeg, vanilla or other extracts

TIPS

RINSE CANNED VEGGIES

DILUTE A SMALL AMOUNT OF LOW SODIUM SOY SAUCE WITH WATER & VINEGAR, OR USE LEMON JUICE

ASK FOR SAUCES / GRAVIES ON THE SIDE AT RESTAURANTS

BE PATIENT! IT TAKES UP TO 3 WEEKS FOR YOUR TASTE BUDS TO ADJUST TO A DIET LOWER IN SALT

CUT BACK ON SODIUM

Goal: 1500-2300 mg sodium per day = less than 1 tsp salt!

Avoid / Limit high sodium foods:

Salts

- Seasoning Salt
- Sea Salt
- Garlic or Onion Salt
- Ajinomoto / MSG

Sauces

- Soy Sauce / Low Sodium Soy Sauce
- Oyster Sauce
- Cocktail Sauce
- BBQ Sauce
- Teriyaki Sauce

Salty Snacks

- Chips
- Crackers
- Salted Eggs
- Kool-Aid Salt/Tamarind Dips

Pre-Packaged Soups:

- Bouillon Cubes
- Ramen/Soba
- Miso

Processed Foods

- Canned Meats like Spam
- Bologna/Ham/Salami
- Corned Beef
- Bacon
- Hot Dogs/Sausages
- Canned Vegetables

Pickled Foods

- Coco
- Olives
- Pickles/Relish



Let's Compare Sodium Content

Canned Tuna: 1 can = 775 mg
Spam: 2 oz = 790 mg
Spam Lite & Low Sodium Spam: 2oz = 580 mg
Vienna Sausage: 4 links = 290mg
Beef Stew: 1 cup = 990mg
Chicken Noodle Soup: ½ cup = 890mg
(1 can = 2225 mg!)
Instant Soba: 1 package = 1870mg !
Cheeseburger: 680mg
McChicken: 600mg
Quarter Pounder with Cheese: 1090mg

Remember: Your Goal is <2300mg sodium/day
1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium

FACT CHECK

70%

More than 70% of the sodium we consume comes from packaged, prepared and restaurant foods, eating on average 3400mg of sodium per day.

HYPERTENSION

No.1

High Blood Pressure is a major risk factor for heart disease, the No. 1 killer worldwide.

575

Don't be fooled.

Even low sodium soy sauce still has 575 mg sodium per tablespoon!



HELP YOUR HEART

cut the salt!



Choose THIS not THAT

GRAINS

Choose This - whole grains such as oats, whole wheat, brown rice, low fat/low sodium crackers

NOT THAT - baked goods made with hydrogenated fat, any grain high in sugar such as sweetened cereals

FRUITS/ VEGETABLES

Choose This - fresh, frozen, canned vegetables without added salt or fat. Choose colorful fruits and vegetables like broccoli, spinach, sweet potatoes, tomatoes, eggplant, avocado, apples, grapes, melons

NOT THAT - salted vegetables like pickles or olives, fried or buttered vegetables

MILK / MILK PRODUCTS

Choose This - low fat/non fat milk, yogurt, cottage cheese, low sodium / low fat cheeses

NOT THAT - whole fat creams/milk/cheese, processed cheese products

MEAT / PROTEIN FOODS

Choose This - fish, lean cuts of beef (loin or round cuts, lean ground meat), low sodium cold cuts, skinless poultry, unsalted nut/nut butters, beans, eggs.

NOT THAT - canned or cured meats, fatty meats (bacon, sausage, hot dogs), high sodium lunch meats (salami, ham)

CUT BACK ON FAT

Avoiding unhealthy saturated fat will help reduce the buildup of plaque in your blood vessels which can increase your BP.

Heart Healthy Fats

Unsaturated Fat

-- Canola or Olive Oil

Omega - 3 fatty Acids

-- Salmon, Tuna, Mackarel, Sardines
-- Flaxseed

NOT Heart Healthy Fats

Saturated Fats

-- Palm or Coconut Oil
-- Food with Fat from animals such as whole fat milk, butter and cream

Trans Fats

-- Any foods made with Hydrogenated Oil (can be found in chips, crackers, baked goods)

Note: even heart healthy fats will have added calories so don't over do it.

TIPS

GETTING TO A HEALTHY WEIGHT CAN HELP IMPROVE YOUR BLOOD PRESSURE, SO WATCH THE CALORIES ON FOODS HIGH IN FAT!

BAKE, BROIL, GRILL, SAUTEE, SOUP --- CUT FRIED FOOD OUT!

INSTEAD OF BUTTER, USE REDUCED FAT, WHIPPED, SOFT SPREADS. READ LABELS.

Following the DASH Eating Plan

Use this chart to help you plan your menus—or take it with you when you go to the store.

Food Group	Servings Per Day			Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Eating Plan
	1,600 Calories	2,000 Calories	2,600 Calories			
Grains*	6	6–8	10–11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4–5	5–6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free or low-fat milk and milk products	2–3	2–3	3	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish	3–6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg‡	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	4–5 per week	1	½ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils§	2	2–3	3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
Sweets and added sugars	0	5 or less per week	≤2	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

Abbreviations: oz = ounce; Tbsp = tablespoon; tsp = teaspoon

Sample Meal Plan

Breakfast

8 oz coffee, black or with skim milk
 1 cup oatmeal with 1/8 cup raisins, sprinkled
 with cinnamon
 1 cup skim/low fat milk
 2 hard boiled egg whites

Morning Snack Idea

1/2 banana with 1 TBPS unsalted peanut butter

Lunch

2 slices whole-wheat bread
 2 oz lean deli turkey breast
 1 oz low-fat Swiss cheese
 2 slices tomato
 2 lettuce leaves
 1 tangerine
 1 cup unsweetened iced tea

Dinner

5 oz broiled or baked fish such as salmon
 2/3 cup brown rice
 1/2 cup sauteed kang kung
 1/2 cup cooked carrots
 1 cup tossed salad
 1 teaspoon olive oil and vinegar dressing
 1 small whole-wheat roll
 1 tsp margarine
 1 cup tea

Evening Snack Idea

6 oz plain low fat yogurt



HEART HEALTHY SHOPPING TIPS

Know What Labels Mean

Sodium

Very Low Sodium = 35 mg sodium or less
 Low Sodium = 140 mg sodium or less
 Reduced Sodium = At least 25% less sodium
 Light in Sodium = At least 50% less sodium
 Salt Free = Less than 5 mg sodium

Heart Healthy Snack Ideas

Low Fat Yogurt or Greek Yogurt
 Sunflower or Pumpkin Seeds
 Multigrain Cereal like Cheerios
 Veggie Sticks with Hummus
 Avocado or Guacamole
 Almonds
 Sugar Free Jello
 Baked Apple or Banana Slices
 Rice Cake with 1 Tbsp Unsalted Peanut
 Butter

Remember to Watch Your Portions!



Label Reading

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

% Daily Value Guide:

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount.

As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5% or less.

If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20% or more.

Serving size:

The calorie and nutrient information on the label applies to ONE serving, PAY ATTENTION TO SERVING SIZE.

The label also indicates how many total servings are in the container.

Total fat, saturated fat, and trans fat:

Choose foods with less than 5 grams (g) of total fat per serving. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).

Choose foods with less than 2 g per serving of saturated fat and 0 g of trans fat. (Saturated fat and trans fat are not heart-healthy.)

Sodium:

Look for foods that are low in sodium. Each day, eat less than 2,300 milligrams sodium (or the limit set for you by your health care team).

Added Sugars:

Limit added sugars in your diet.

Sugar has many names, look out for:

Brown sugar

Corn sweetener

Corn syrup

Sugar molecules ending in “-ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)

Fruit juice concentrates

Honey

Molasses

Syrup

Dietary Fiber:

Aim to get 25 g to 30 g dietary fiber each day. To meet this goal, every day choose several foods that have at least 5 g fiber per serving.

