



NUTRITION FOR HIGH BLOOD PRESSURE



WHAT CAN I DO FOR HIGH BLOOD PRESSURE?

1. Try the Dietary Approaches to Stop Hypertension (**DASH**) eating plan (see next page)*.
2. **Keep active.** Aim to exercise for at least 150 minutes (2 ½ hrs) each week.
3. If you drink, **limit your alcohol** to 2 drinks or less per day for men, and 1 or less drink per day for women.
4. **Quit smoking**, if you smoke.
5. Ask for support to **manage any stress.**

**The DASH diet can also lower cholesterol and reduces chance of heart disease.*

WHAT IS HYPERTENSION?

Hypertension means high blood pressure. If you have high blood pressure, a change to a healthy blood pressure can:

- Decrease risk of **heart and circulatory diseases like heart attack or stroke.**
- Decrease risk of **kidney failure, heart failure and problems with sight.**
- Support our arteries to be **stretchy so they don't become stiff or narrow.** The narrowing makes it easier for fatty material to clog them up.
- Decrease risk of **a heart attack and stroke.**

A healthy blood pressure is 120 / 80 or under
For some people **under 130 / 80 is OK**

My blood pressure target is: _____

My blood pressure is: _____



THE DASH APPROACH TO BLOOD PRESSURE

What Is The Dash Eating Plan?

- Aiming for no more than **2300 mg of sodium (salt)** will help lower blood pressure. Moving from 2300mg to 1500mg of sodium helps to lower blood pressure even further.

What Do I Eat On the DASH Eating Plan for High Blood Pressure?

- Aim for no more than 1500mg or 2300mg sodium (salt) per day, depending on how high your blood pressure is.
- Include foods high in potassium*, magnesium, calcium and fibre. Include lots of:
 - **Fruits and vegetables**
 - **Whole grains** such as brown rice, oatmeal, whole-grain bread.
 - Foods that are **low in saturated fat**, cholesterol, total fat and sodium.
 - Lots of **nuts, seeds** including peanut butter.
 - **Lentils and other beans** a few times a week (kidney beans, black beans, chickpeas).

*Foods that are high in potassium such as **sweet potato, yam, nuts, seeds, beans, banana, avocado, tomato, oranges, green leafy vegetables** are good for supporting high blood pressure, but if you have kidney disease speak to your doctor or dietitian first before increasing your potassium intake.

Choose these foods less often:

- Processed foods and foods that are high in sodium (salt):
- **Processed meats** (ham, bologna, sausage, bacon). Choose fish, seafood, chicken and eggs more often.
- **Take-away and restaurant foods** as these are usually high in salt.
- **Sweets, sodas, juices, energy drinks, and iced teas.**
- **Salty crackers, soy sauce and canned foods.** Look for the lower sodium versions of these foods.

If you like reading labels, choose foods that are **less than 15% DV for sodium.**



SAMPLE MEAL PLAN FOR HIGH BLOOD PRESSURE

Day 1

Breakfast

- Eggs
- Sweet Potato Hash
- Vegetables (peppers, tomato)
- Tea/Coffee with no cream

Morning Snack (optional)

- Fruit with nuts



Lunch

- Split pea soup
- Whole-grain bread
- Vegetable sticks

Afternoon Snack (optional)

- Smoked Oysters
- Or Dried Fish

Dinner

- Fish (example salmon, halibut)
- Brown rice
- 1 1/2 cups of vegetables (broccoli, cauliflower, carrots, beans, peas, onion)

Snack (optional)

- Whole-grain cracker (low sodium)
- Peanut butter (natural)

Fluids

- Aim for 6-8 cups of water per day
- Have herbal tea in the afternoon

Day 2

Breakfast

- Fruit (banana, orange, berries)
- Oatmeal or Mush
- 2 tablespoons of ground flaxseeds
- Tea/Coffee with no cream

Morning Snack (optional)

- 1/4 cup unsalted unroasted nuts
- Orange

Lunch

- Jarred fish
- Leftover brown rice or quinoa
- Baby spinach salad with tomato

Afternoon Snack (optional)

- Carrot and celery sticks, or unsalted crackers
- Hummus

Dinner

- Lentil stew
- Roasted potato, or sweet potato
- Vegetables (cauliflower, carrots, mushrooms, onion, peas)

Snack (optional)

- Apple, sliced
- Peanut butter (natural)

Fluids

Aim for 6-8 cups of water per day
Have herbal tea in the afternoon