



Tips for Achieving a Desirable Blood Pressure Level

Often times, small changes in our daily routines can help us manage our blood pressure more easily. To help lower or maintain yours, try some of these tips:

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| Healthy Diet | What you eat can positively affect your blood pressure. Enjoying a diet filled with colorful vegetables and fruits, whole grains, seafood and low-fat dairy can help lower and keep your blood pressure in check. |
| Snacking Sense | Snacking on good foods, such as a small handful of nuts, seeds, or a piece of fruit can help you maintain your weight and keep the growling tummy at bay. However, snacks should be incorporated into your overall calorie intake for the day, not in addition to it. |
| The Salt Switch | Current dietary guidelines say most adults should consume at most 1500-2300mg of sodium per day (that's 2/3 teaspoon to 1 teaspoon of salt). Eating more can lead to hypertension and heart disease. Get the flavor boost that you love from salt by switching out your salt shaker for one filled with your favorite herbs and spices. Herbs like thyme, oregano, and rosemary, and spices like turmeric and cinnamon add a lot of flavor to many dishes. |
| Good Garlic | Sauté chopped garlic and onions for a flavorful base to incorporate into many dishes from pasta to soups. An added benefit is that garlic contains allicin, a compound that can help lower cholesterol as well as blood pressure. |
| Rinse Away Sodium | Reduce sodium by 40% in canned beans and veggies by rinsing and draining the contents thoroughly before use. |
| Cook at Home | Cook or prepare foods at home as much as possible. Most of our salt intake comes from restaurant and highly-processed foods. |
| Read the Facts | Read and understand the Nutrition Facts and Ingredient List labels. Highly-processed foods can have hidden saturated fats, sugar, and sodium. Ingredients such as sodium bicarbonate (baking soda), soy sauce, MSG, and brine are dead giveaways that the product contains sodium. |
| Get Moving | Add some physical activity whenever possible. All it takes is 30 minutes a day to reap the benefits. If you're short on time and can't carve out 30 minutes to devote to exercising, you can still try to get it throughout the day. When you take the stairs, park your car away from the nearest entrance, and stretch in front of the TV, you may just surprise yourself at how quickly it all adds up. |
| Healthy Lungs | If you're a smoker, quit or cut back. |
| Wonderful Water | Keep yourself hydrated by drinking 8-10 glasses of water daily, as well as eating hydrating foods such as carrots, cucumbers, and celery. |
| Moderation | If you drink alcohol, do so in moderation, with no more than one glass a day for women, or two glasses for men. |
| Togetherness | Enjoy mealtime with friends and family. Having support from your loved ones can help relieve the stress of daily living and keep you on track healthwise. |

