



Blood Pressure Quiz

Test your knowledge about how foods and lifestyle can affect your blood pressure.

- 1) It's always best to buy foods labeled "less sodium," or "reduced sodium" True False
- 2) Eating cayenne pepper can increase my blood pressure. True False
- 3) Which of these foods are heart healthy and can help lower blood pressure?
 - Canned tuna
 - Walnuts
 - Whole grains such as oatmeal, quinoa, and brown rice
 - Bananas
 - All of the above
 - None of the above
- 4) Blood pressure can be managed better with lifestyle changes and diet. True False
- 5) I should avoid canned foods because of the sodium levels. True False



ANSWERS

- 1) **False.** These phrases mean that the product contains 25% less than the standard version, but that doesn't necessarily mean it's low in sodium. Check the Nutrition Facts Label to see the actual sodium content.
- 2) **False.** Research shows that many herbs and spices, including cayenne, have healthful properties. Cayenne pepper is a natural vasodilator – this means that it helps to open up blood vessels and improve overall blood flow through our body – ultimately lowering blood pressure.
- 3) All of the above.
- 4) **True.** A few lifestyle changes can help lower and maintain your blood pressure. Adding more fruits, vegetables, healthy fats, and seafood to your diet, while avoiding highly-saturated fats and processed foods can help. Get physical: exercise in all forms – from working out in the gym to taking the stairs at work – count. Try to get at least 30 minutes of accumulative activity every day. And if you're a smoker, quit or at least cut back.
- 5) **False.** Check the Nutrition Facts Label for sodium content to know exactly how much is in the can. Today, there are many brands that are no-salt or low in salt. To reduce the sodium in canned beans and vegetables by 40%, rinse and drain the contents thoroughly before using.

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