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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