

Hypertension

High blood pressure, which is also called hypertension, raises your risk for heart disease, stroke, kidney disease and eye damage. You have the ability to lower your blood pressure and live a healthy life.



Understanding Your Numbers

- Systolic – upper number: The pressure when the heart squeezes to pump blood to your body
- Diastolic – bottom number: The pressure when the heart relaxes and fills with blood

Blood Pressure	Systolic	Diastolic
Normal	Less than 120	Less than 80
Elevated blood pressure	120 – 129	Less than 80
High blood pressure	130 or higher	80 or higher

Limit Your Salt Intake

Sodium, or salt, is a mineral that is important for maintaining normal fluid balance in your body. Decreasing the sodium in your diet is an excellent way to lower your blood pressure. The daily recommendation of sodium is 2,300 mg per day. A low sodium can be less than 2,000 mg or 1,500 mg per day.

Most of the sodium you eat throughout the day does not come from the saltshaker but in fact it is already added to the foods you are consuming, think packaged or restaurant foods.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
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.

1. LOOK AT THE SERVINGS SIZE AND SERVINGS PER CONTAINER. THIS ITEM HAS 4 SERVINGS.

2. LOOK AT THE MG OF SODIUM. IN THIS PRODUCT, A 1.5 CUP SERVING HAS 430MG OF SODIUM. THE WHOLE PRODUCT HAS 1,720MG OF SODIUM.

Aim to choose low or no sodium packaged food items.

“Low Sodium” = 140 mg of sodium per serving
 “No Sodium” = less than 5 mg of sodium per serving

You may be surprised to read the labels in your pantry – look at your bread, packaged foods, cheese, processed meats and cold cuts, pasta dishes, sauces and other salty snacks.



Increase Fruits and Vegetables

Eat at least 5 servings of fruits and vegetables daily to help manage your blood pressure. They contain:

- **POTASSIUM** – a mineral found in both fruits and vegetables that directly counters the effect of salt on your body.
- **ANTIOXIDANTS** – naturally occurring chemicals that protect against free radicals. Creating a colorful plate with produce increases the variety of antioxidants in your diet.

Cooking Without Salt

Salt is used to preserve foods so fresh foods are generally lowest in sodium. Be mindful of what you are using when cooking your meals.

Use seasoning with no salt or sodium in the ingredient list. Try fresh or dried herbs and spices, lemon, garlic, onion to flavor your foods naturally.

AVOID

- garlic salt, onion salt, celery salt
- lemon pepper
- barbecue, taco, and steak sauce
- dry salad dressing mixes
- meat tenderizers

Regular Exercise = Stronger Heart

A stronger heart can pump more blood with less effort. This decreases the force on the arteries and lowers your blood pressure!

CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE PROGRAM

The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity.

MODERATE-INTENSITY AEROBIC ACTIVITIES

- Brisk walking
- Water aerobics
- Dancing
- Tennis
- Biking (<10 mph)

VIGOROUS-INTENSITY AEROBIC ACTIVITIES

- Hiking
- Running
- Swimming laps
- Jumping rope
- Biking (>10mph)

Where will you take action?

- Check Nutrition Facts labels for sodium levels
- Work to include 5 servings of fruits and vegetables per day
- Increase physical activity
- Use herbs and spice instead of salt to season food
- Rinse canned foods well to remove salt
- Choose reduce sodium, low sodium, light sodium, or sodium free foods
- Make salad dressing at home or use oil and vinegar instead of store-bought dressings
- Limit condiments and sauces on foods. Ask for them on the side at restaurants.

START A NEW JOURNEY TO WELLNESS TODAY!



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