

High Blood Pressure Tips

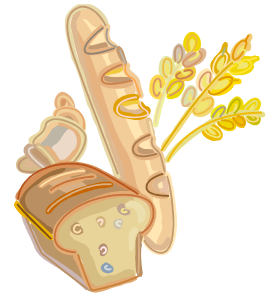
Diet

Eat healthy to help keep your blood pressure low.

- 1 Eat fresh fruit and vegetables every day. Look for different colors to get a nice balance. Add some lettuce and tomato to your sandwiches or order a side salad when at a restaurant.



- 2 Eat whole grain foods. Look for the word “whole” in the ingredients. Breads and cereals are a good way to get the fiber that you need for a healthy diet.



Salt

Cut back on the salt (sodium) that you eat every day.

- 1 Read the label and skip foods that are high in sodium. Avoid canned foods. Instead of eating processed foods, eat whole grain bread and frozen or fresh fruits and vegetables.



- 2 Eat more home-cooked meals to control the amount of salt and unhealthy condiments in your food. If you want to eat at a restaurant, stay away from fried foods. You can always ask a waiter or cashier for lower salt options.



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Exercise



Be more active to lower high blood pressure.

1

Aim for 30 minutes of exercise a day. Try to sweat and get your heart to pump faster when you are active. Drink plenty of water.



2

Start slowly. Take walks daily. You will soon be able to take longer and faster walks that can lead you to jogging or other exercise, like swimming.

Always talk to your health provider before you start any exercise program.



Lower Stress

1

Sleep 7 to 9 hours every night. Stop using electronics and read a book just before going to sleep.



2

Try deep, rhythmic breathing for 5 or more minutes each day. Use calming music to help you breathe. Breathe in calm, and breathe out anxiety.

