

Managing Your High Blood Pressure

Spotlight

Spring 2010

on nutrition issues

High blood pressure, or hypertension, can be serious. These simple lifestyle changes can help keep your blood pressure in the healthy range.

Top lifestyle factors you can address:

1. Eat healthy

- The DASH pattern of eating is an easy way to satisfy your appetite and help reduce your blood pressure. See Doing the DASH!



2. Manage your weight

- If your weight is not in the healthy range, make reaching a healthy weight and waist circumference a priority.
- For more information, see www.myhealthyweight.ca

3. Be active

- Aim to be physically active – do moderate aerobic activity 30–60 minutes most days of the week.
- Take a brisk walk; go swimming, cycling or hiking; or climb stairs... the list is endless.

4. Limit salt and alcohol

- Choose fresh foods over processed or convenience foods most often.
- Read and compare food labels – choose lower-sodium options more often.
- If you drink alcohol, keep the amount to no more than two standard drinks per day for men and one drink per day for women.

Doing the DASH!

What is it? **Dietary Approaches to Stop Hypertension** – a healthy eating pattern rich in fruit, vegetables and milk products that helps manage high blood pressure.

Each day, choose:

• 8–10 servings of fruit and vegetables

One serving = one medium-size fruit or vegetable, 125 mL (½ cup) fruit, juice, vegetables or cooked leafy greens or 250ml (1 cup) salad

• 3 servings of lower-fat milk products

One serving = 250 mL (1 cup) milk, 175 g yogurt (about two individual containers) or 50 g (1½ oz) regular or lower-fat cheese

• Lower-fat whole grains and lean meat and alternatives

Tips for success:

Start your day with breakfast

- Have whole-grain cereal, a cup of milk and fresh fruit.
- Choose whole-grain toast, peanut butter and a fruit smoothie (for recipes see www.dairygoodness.ca).
- Try fresh fruit, half a bagel and a slice of cheese.

Make your snacks count

- Enjoy cut-up carrots, zucchini and cucumber with hummus or red-pepper dip.
- Try a yogurt parfait: layer yogurt and fresh or frozen fruit and top with granola or oatmeal and chopped nuts.

Choose your meals wisely

- Include two servings of vegetables with lunch and dinner – fill half your plate with vegetables.
- Keep meat portions reasonable – about the size of a deck of cards.
- Choose whole-grain breads, rice and pasta rather than refined grains.



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