

Hypertension & Nutrition



Rachael Novak

Do you have high blood pressure?

You are not alone. Hypertension affects 1 in 3 adults in the United States.



Why is it important to manage high blood pressure?

Unmanaged high blood pressure can lead to further health complications, including stroke and heart attack.

What is Blood Pressure?

Blood pressure is the force that is exerted on your artery walls as blood flows through your body and is explained through Systolic and Diastolic pressure.

Systolic/Diastolic Pressure

- Systolic pressure is exerted as your heart pumps blood into your body.
- Diastolic pressure is exerted as blood flows back into your heart from your body.

	Systolic (mmHg)	Diastolic (mmHg)
Normal range	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension Stage 1	140-150	90-99
Hypertension Stage 2	160 or higher	100 or higher

What do I eat to help manage my high blood pressure?



Limit Sodium!!!

- Do not add table salt to your food after it is cooked.
- Keep sodium intake to one teaspoon (approximately 2000 mg) per day.
- Eat food items that have less than 300 mg sodium.
- Restaurant foods, fast foods, and snack items are often high in salt. Ask about sodium content when eating out, and read nutrition labels on snacks.

Good Nutrients & Food Sources

Calcium



Low-fat/fat-free dairy products: milk, cheese, yogurt
Vegetables: kale, broccoli, spinach

Potassium



Fruits, vegetables, and dairy
Do not take potassium pills!

Omega-3 fatty acids



Fatty cold water fish: salmon, tuna, mackerel

Unsaturated fats



Soybean, canola, olive, or sunflower oil
Liquid or soft tub margarines
(look for products without hydrogenated oil)

Not-So-Good Nutrients & Food Sources

- Foods with fat from animals, such as fatty meats, whole milk, butter, and cream.
- Palm, palm kernel, or coconut oil (tropical oils).
- All foods made with hydrogenated oil.
- Read Nutrition Facts labels: hydrogenated oil may be found in fried foods, crackers, chips, and baked goods made with margarine or shortening.



References

1. Anderson, J., Young L., Long,, E. Diet and Hypertension, Version current 13 October 2011. Retrieved from <http://www.ext.colostate.edu/pubs/foodnut/09318.html>
2. New York City Department of Health and Mental Hygiene, Cut the salt! And lower your blood pressure and risk of heart attack and stroke, Version current 19 December 2011. Retrieved from <http://www.nyc.gov/html/doh/html/cardio/cardio-sodium.shtml>
3. American Dietetic Association, Hypertension (High Blood Pressure) Nutrition Therapy, Version current 19 December 2011. Retrieved from <http://www.bgsu.edu/downloads/sa/file81970.pdf>
4. National Institutes of Health, Dietary Supplement Fact Sheet: Calcium, Version current 19 December 2011. Retrieved from <http://ods.od.nih.gov/factsheets/calcium>
5. National Heart, Lung, and Blood Institute, Do Vitamin Mineral Supplements such as Potassium, Calcium or Magnesium Help Lower Blood Pressure?, Version current 19 December 2011. Retrieved from <http://www.nhlbi.nih.gov/hbp/prevent/factors/supls.htm>
6. Centers for Disease Control and Prevention, Faststats: Hypertension, Version current 24 October 2011. Retrieved from <http://www.cdc.gov/bloodpressure/faqs.htm#4>