

Control Your High Blood Pressure



UNIVERSITY OF GEORGIA
EXTENSION



Ideal blood pressure is under 120/80 mmHg!

High blood pressure is 130/80 mmHg or higher.

Making lifestyle changes can help lower your blood pressure.

Lifestyle changes to help lower blood pressure:

- Achieve & maintain a healthy weight
- Eat 8 or more servings of fruits & vegetables per day
- Reduce sodium intake to less than 2,300 mg per day
- Be physically active at least 30 minutes each day
- Limit alcohol (women: 1 drink or less per day; men: 2 drinks or less per day)
- Don't smoke
- Control stress



Contact your local Extension agent at:

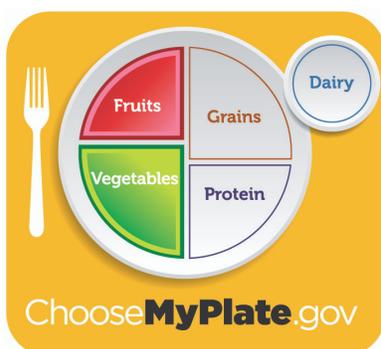
Tips to Reduce Sodium Intake



- Eat more fresh foods or frozen & canned foods with no added salt
- Season foods with herbs & spices instead of salt when cooking
- Do not add salt to foods at the table
- Watch your condiments (ketchup, soy sauce, jarred pasta sauces, etc.)
- Read nutrition labels; choose foods with 10% or less of the Daily Value for sodium
- Limit salty foods, like crackers, pretzels, & chips
- Choose unsalted options when available, like unsalted nuts
- Avoid cured meats, lunch meats, sausage, & bacon
- Eat out less often
- Choose & fried chicken pizza less often

For more information about a healthy, balanced diet, visit:
choosemyplate.gov & gafamilies.org

Tips to Get More Fruits & Veggies



- Make 1/2 your plate veggies & fruits at lunch & dinner
- Add veggies to omelets
- Substitute veggies for pepperoni & other salty meats when you do eat pizza
- Have snacks of apple & peanut butter or carrots, celery, cucumbers & hummus
- Top cereal, oatmeal, or yogurt with a sliced banana, peaches, or berries

Which would you choose to limit sodium?

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8.1mg	45%
Potassium 282mg	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.	

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