



Why High Blood Pressure Stays High

- High blood pressure most of the time is called hypertension
- Many things work together to cause high blood pressure

Things you can do to keep your blood pressure healthy:



Salt

Eat less than:
1,500 - 2,300 mg
(About 3/4 - 1 teaspoon)

Ways to start:

- Cook at home 1 more time a week
- Buy low sodium options
- Use other seasoning:
 - Spices, lime or lemon juice, vinegar
- Switch 1 salty snack for fruit



Food Choices

DASH Diet lowers blood pressure.

Try to eat:

- 4-5 servings of vegetables
- 4-5 servings of fruit
- 2-3 servings of low fat dairy
- Whole grains
- Fish, poultry, beans

Ways to start:

- Start with 1 or 2 changes
- Keep a food diary
- Keep healthy, quick options in the house
- Focus on eating less processed foods
- Make extra servings for easy meals later



Move More

- Everyone is different. Talk to your doctor about what's best for you.

Ways to start:

- Take breaks from sitting to move
- Set a goal & write it down
- Add a little each week (even 2-3 minutes)



Healthy Weight

Too much body fat can raise blood pressure. Talk to your doctor to see what's healthy for you.

Ways to start:

- Eat the same time everyday
- Switch one salty snack for fruit
- Track your progress
 - Write down every time you make a healthy choice



Alcohol

Drink less than:

Younger than 65

Women 1-2 drinks a day

Men 2 drinks a day

Older than 65

Everyone 1 drink a day

Ways to start:

- Make a plan & write down your goals
- Notice your triggers
- Build your support system
- Track your progress
- Get help from your doctor

Things you can't change that affect blood pressure:

These are things that can affect your blood pressure but are outside of your direct control. Understanding them helps you and your doctor make the best decisions for your health.

- Age
- Family History
- Racism and Bias
- Birth History
- Pregnancy History
- Air and Noise Pollution