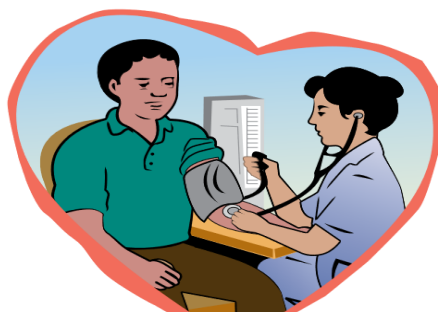




Control Your High Blood Pressure



What is blood pressure?

Blood pressure is the force of blood against the walls of your arteries. You need blood pressure to move the blood through your body so it can get to all the body's organs.

Why is high blood pressure dangerous?

High blood pressure—also called hypertension—puts you at risk for heart disease. When your blood pressure is high, your heart has to work harder. If not treated, high blood pressure raises your chances of:

Stroke

Heart Attack

Kidney Problems

Eye Problems

Death

What are the blood pressure levels?

- If your blood pressure is below **120/80**, it is **normal**. Have your blood pressure checked once a year.
- If your numbers are in the range from **120/80 to 139/89**, you have **prehypertension**. Take action to prevent high blood pressure.
- If your blood pressure is **140/90 or more**, you have **high blood pressure**. Ask your doctor how to lower it.



The good news

You can take action to prevent high blood pressure. If your blood pressure is high, you can do something to control it.

Cut down on sodium (salt).

- * **Read** the Nutrition Facts **labels** to compare the amount of sodium in food.
- * Limit foods that have 20 percent or more of the Daily Value for sodium.
- * Buy fruits and vegetables for snacks instead of salty chips and crackers.
- * Buy fresh, frozen, or no-salt-added canned vegetables.
- * Choose fewer canned and processed foods like smoked, cured, and processed beef; seafood; poultry; pork, like ham, sausage, and corned beef.
- * Reduce the amount of high-sodium sauces, pastes, and seasonings, such as soy sauce, fish sauce, salty dried fish, salted fish paste, and salted shrimp paste.
- * Season foods with herbs and spices instead of salt.

Eat heart healthy foods.

- * Cook with more fruits, vegetables, and whole grains.
- * Choose low fat or fat-free products.
- * Cook with lean meats, chicken without the skin, and fish.
- * Choose unsalted nuts, seeds, and cooked dry beans.
- * Cook with small amounts of fats and oils

Limit alcohol Watch your weight Take your medicine



...eat what is good, and you will delight in the richest of fare.” **Isaiah 55:2b**

Source: NIH Heart, Lung and Blood Institute