

High Blood Pressure (Hypertension)

What should my blood pressure be?

- Recommended blood pressure less than 120 over less than 80
- Pre-hypertension 120-139 over 80-89
- Hypertension 140 or higher over 90 or higher

Tips to help you keep your sodium intake under 1,500 mg each day

Food Group	Tips to reduce sodium
Milk and dairy	<ul style="list-style-type: none"> • Choose no more than 3 servings of 1% fat or skim milk or low fat yogurt each day. • Choose cheeses with less than 200 mg of sodium per ounce. Avoid processed cheeses.
Fruits and vegetables	<ul style="list-style-type: none"> • Use fresh or frozen vegetables and vegetable juices with no added salt. • Select “No Salt Added” canned tomatoes and spaghetti sauces. • Choose fresh fruits.
Meats and protein	<ul style="list-style-type: none"> • Choose fresh meats and season with herbs and spices. • Avoid processed meats such as bacon, ham, hot-dogs, cold cuts, sausage and pastrami. • Rinse canned tuna, salmon and other canned fish thoroughly in water or choose sodium free canned fish. • Choose “No Salt Added” peanut butter. • Rinse canned beans in water to decrease salt content. • Avoid packaged seasoning mixes for chicken, hamburger or pork.
Breads and grains	<ul style="list-style-type: none"> • Avoid packaged seasoning mixes rice, pasta or potatoes.
Snack food	<ul style="list-style-type: none"> • Choose unsalted pretzels, popcorn, peanuts and crackers.
Condiments	<ul style="list-style-type: none"> • Do not use salt at the table. One teaspoon of salt contains 2,300 mg of sodium. • Do not use salt in cooking. • Choose low sodium salad dressings. • Avoid foods packed in brine such as sauerkraut, olives, and pickles. <p>Avoid soy sauce, seasoned salts, MSG, meat tenderizers, steak sauce.</p>
Other	<ul style="list-style-type: none"> • Avoid garlic salt, onion salt and other high sodium spice blends. • Choose dried or fresh herbs and spices to add flavor to foods. • Choose low or no sodium canned and dried soups and bouillon cubes.

Follow DASH Guidelines:

- Including more fruits, vegetables, whole grains and low-fat dairy each day can help lower your blood pressure.
- Use the chart below to help you get the right amount of these important food groups.

Food Group	Daily Servings (except as noted)	Serving Sizes
Grains & Grain Products	6-8 Make half your grains whole	1 slice whole grain bread 1 cup dry whole grain cereal ½ cup cooked whole grain rice, pasta, or cereal
Vegetables	3-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice
Fruits	4-5	4 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit
Low-fat or fat free dairy foods	2-3	8 oz milk 1 cup yogurt 1 ½ oz cheese
Nuts, seeds and dry beans	4-5 per week	¼ cup or 1½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans

Be Salt Savvy

Use the following list to choose lower sodium foods when grocery shopping.

Food	Milligrams (mg) Sodium
Bread	up to 120 mg per slice
Cereal	up to 200 mg per serving
Cheese	up to 200 mg per serving
Crackers	up to 140 mg per serving
Frozen meals/entrees	up to 600 mg per package
Fruit/juice	0 mg per serving
Meat (processed)	up to 75 mg per ounce
Margarine	up to 30 mg per tsp.
Oils	0 mg per serving
Boxed rice/potatoes/pasta dishes	0 mg per serving
Salad dressings	up to 200 mg per 2 Tbs.
Soups	up to 200 mg per 1 cup
Spaghetti sauce	up to 300 mg per ½ cup
Vegetables	up to 10 mg per ½ cup