



# HYPERTENSION

Hypertension means that your blood pressure is too high. The higher your blood pressure, the higher the risk of a heart attack, stroke, heart disease, and damage to other organs in the body. Hypertension is common in those with Type 2 Diabetes, high cholesterol, and obesity. Although medication can be very helpful for reducing blood pressure, it is never the whole plan. Remember that unhealthy habits are the main cause of hypertension including eating a lot of processed foods, not eating enough healthy foods, lack of daily exercise, and unmanaged stress. Changing lifestyle habits will be the most impactful way to not only lower your numbers and disease risk but also to feel better!

## AVOID/ REDUCE THESE FOODS

### Limit Salt/Sodium to 2,300mg or 1 tsp daily

- Deli/sandwich meats, sausage, canned meats, canned beans, rotisserie chicken
- Cheese, canned soup, frozen meals, frozen pizza, instant noodles, etc.
- Seasonings, condiments, sauces, dressings, bullion, flavorings
- Fast food, chips, french fries, tamales, burritos, salted nuts, Gatorade, etc.

### Tips

- Read ingredient label on packaged food.
- Cook fresh at home as much as possible (you choose how much salt to add)
- Avoid packaged, prepared, and processed foods as much as possible.
- Use spices, herbs, onion, garlic, and citrus to flavor meals instead of salt.

## THERAPEUTIC FOODS

### Potassium/Magnesium-rich foods

- Dark leafy greens (spinach, kale), coconut water, avocado, banana, celery, sweet potato, beans, salmon, butternut squash, beets, chia seeds, pumpkin seeds, flax seed, tofu, edamame, cacao powder (dark chocolate), plain Greek yogurt
  - **Eat these foods daily**
- **Hibiscus tea** unsweetened
  - **drink 2-3 cups a day**
- **Fiber-rich foods:** all vegetables, whole fruit, nuts, seeds, beans, whole grains (not flours)
  - **Aim for 25-35g daily**
- **Colorful plants:** berries, dark leafy greens, broccoli, turmeric, herbs, spices, cacao, green tea, matcha, unsweetened hibiscus tea
  - **Eat 2-3 cups of non-starchy vegetables daily.**

## LIFESTYLE HABITS



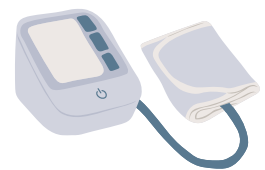
Move your body for at least 30min/day. Walk, lift weights, do yoga, dance, anything helps!



Eat mainly colorful plants and whole foods. Reduce processed foods high in oils, salt, and sugar.



Get 7-9hrs of sleep, practice deep breathing, meditation, or other activities to help manage stress.



Check your blood pressure. Ideal BP is under 120/80. If it is consistently high, check in with doctor.