



## How Can I Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure and kidney disease.

These are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts. Limit sodium, sweets, saturated fats, sugar sweetened beverages and red and processed meats.
- Be more physically active.
- Don't smoke and avoid secondhand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take your medication as prescribed.
- Know what your blood pressure should be and work to keep it at that level.



### How can I lose weight?

To lose weight, you need to use up more calories than you eat and drink each day. Talk with your health care professional about a healthy eating and physical activity plan to help you reach your weight loss goals. When you lose weight, your blood pressure often goes down. An initial weight loss goal of at least 5% can help reduce your blood pressure.

### How do I limit sodium?

Aim for an ideal limit of less than 1,500 milligrams (mg) per day of sodium. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

You can reduce your sodium intake by:

- Reading the Nutrition Facts label on foods. This tells you how much sodium is in food products. Foods with 140 mg or less sodium per serving are low in sodium.
- Limiting prepackaged and processed foods. Try to buy fresh foods when you can. When choosing packaged

foods, select those labeled "low sodium," "reduced sodium" or "no salt added."

- Reducing salt in cooking and at the table. Learn to use herbs and salt-free spices instead.

### How do I limit alcohol?

Ask your health care professional if it's OK for you to drink alcohol. If so, ask how much.

Drinking more than two drinks a day if you're a man or more than one drink a day if you're a woman may add to high blood pressure. One drink is equal to 12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 1 ounce of 100-proof spirits.

If cutting back on alcohol is hard to do on your own, ask about groups that can help.

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