

# Hypertension

## The low down on hypertension (high blood pressure)

High blood pressure is a condition during which our heart works too hard, and the force of blood flow can harm our arteries. If blood pressure remains high, over the years it can cause damage to blood vessels and increase the risk of stroke, heart attack, and kidney failure later in life. Managing your blood pressure should begin with the following changes:



### Eat less sodium

Sodium is a mineral that is found naturally in many foods and added to other processed foods as a preservative. Too much sodium can cause you to retain fluid and raise your blood pressure. For this reason, it is important to limit the sodium in your diet to 2,000 mg or less per day.

Processed foods contribute up to 75% of our salt intake, such as:

- Instant Noodles/Ramen
- Canned foods (soups, veggies, beans)
- Some deli meats, cured meats
- Pizza, cheeses, meats
- Pasta sauces, marinades, dressings
- Frozen meals
- Snack foods (chips, crackers, cookies)
- Some breads, bagels, rolls, cereals
- Sodas, diet and regular

### Exercise

Physical activity is another way you can control your blood pressure. Even low-intensity activities such as walking can lower your blood pressure.

Most children should do **60 minutes** of moderate-intensity aerobic activity on most days of the week. Limit screen time to two hours or less per day.

### Reduce stress

Everyone experiences stress, but too much stress can raise your blood pressure and heart rate.

Set time aside for relaxation breathing. Taking 5-10 deep breaths can trigger a relaxation response.

### Weight management

Being overweight is a major factor for developing high blood pressure, and weight loss can sometimes dramatically improve blood pressure readings. When physical activity is combined with weight loss, the antihypertensive effect may be greater than with weight loss or exercise alone.

Ask your health care provider to check your BMI (body mass index) which is one indicator of a healthy weight.



### The DASH Diet

- Dietary
- Approaches to
- Stop
- Hypertension

The DASH diet is **rich** in fruits, vegetables, whole grains, low-fat dairy products, some fish, poultry, dried beans, nuts and seeds, and **low** in red meat, sweets, and sugar-sweetened beverages.

### Helpful websites

[dashdiet.org](http://dashdiet.org)  
[americanheart.org](http://americanheart.org)  
[nhlbi.nih.gov](http://nhlbi.nih.gov)  
[kidshealth.org](http://kidshealth.org)  
[eatingwell.com](http://eatingwell.com)  
[cookinglight.com](http://cookinglight.com)  
[epicurious.com](http://epicurious.com)  
[choosemyplate.gov](http://choosemyplate.gov)  
[mealsmatter.org](http://mealsmatter.org)  
[nourishinteractive.com](http://nourishinteractive.com)  
[mayoclinic.com](http://mayoclinic.com)

For more information, please visit [www.choa.org/preventive](http://www.choa.org/preventive)

# Shopper's guide to lower sodium foods

## Deli meats

**Aim for less than 500mg/2 oz serving**

Boar's Head Roast Beef® (40)  
Boar's Head Deluxe Roast Beef® (80)  
Boar's Head Seasoned Top Roast Beef® (120)  
Boar's Head Oven Roasted Lower Sodium Turkey® (340)  
Dietz & Watson Low Sodium®  
Applegate Farms®  
Healthy Choice®  
ThinN' Trim®

## Soups

**Aim for less than 500mg/serving**

Campbell's Healthy Request® products (360)  
College Inn Chicken Broth® (141)  
Fantastic Foods® dehydrated cups (430-470)  
Health Valley® fat free soups (190-480)  
Herb-Ox® low sodium instant broth and seasoning (chicken or beef flavor) (5)  
Progresso Healthy Classics® (443-480)

## Frozen meals

**Aim for less than 400mg/serving**

Healthy Choice Chicken Fettuccini Alfredo® (370)  
Healthy Choice Fish Lemon Pepper with Rice Medley, Vegetables & Dessert® (360)  
Healthy Choice Macaroni & Cheese® (360)  
Amy's Light in Sodium® products (340)  
Joseph's Gourmet Ravioli Maine Lobster with White Wine Butter Sauce® (340)  
Lean Cuisine Chicken a la Orange® (260)  
Lean Cuisine Lunch Penne with Tomato Basil® (360)

## Cereals

**Aim for less than 100mg/serving**

GM Fiber One® (105)  
Health Valley Oat Bran O's® (10)  
Kashi Go Lean® (85)  
Shredded Wheat® (10)  
Nabisco Cream of Wheat® (90)  
Post Shredded Wheat N' Bran® (0)  
Quaker Old Fashioned Oatmeal® (0)



## Crackers/Chips

**Aim for less than 100mg/serving**

Barbara's Wheatines Originals® (80)  
Health Valley Whole Wheat® (80)  
Health Valley, Whole Wheat, No Salt, Vegetable® (15)  
Matzos, Whole Wheat, Unsalted® (0)  
Nabisco Triscuit Wafers Low Sodium® (75)  
Nabisco Wheat Thins, Hint of Salt® (60)  
Ryvita Whole Grain Crisp Bread Light Rye® (20)  
Wasa Crispbread Light Rye® (40)  
Wasa Crispbread Whole Wheat® (55)

## Salad dressing

**Aim for less than 150mg/serving**

Annie's Naturals Salad Dressing Balsamic Vinaigrette Organic® (38)  
Ken's Steak House Dressing Vidalia Onion Lite® (120)  
Marie's Salad Dressing Raspberry Vinaigrette® (35)  
Newman's Own Olive Oil & Vinegar® (150)

## Cheese

**Aim for less than 140mg/serving**

Alpine Lace Swiss, Reduced Fat® (75)  
Boar's Head Swiss, NSA® (10)  
Boar's Head Lacey Swiss Cheese® (35)  
Boar's Head Low Sodium Munster® (75)  
Boar's Head 42% Lower Sodium Provolone® (140)  
Heluva Good Cheddar, LS® (8)  
Lorraine Cheese Premium Sandwich® (15)  
Lucerne NSA Swiss® (10)  
Vermont Chevre® (45)

## Beverages

**Aim for 35mg/serving or less**

Water  
Low-fat or fat-free milk