

Food vs. High Blood Pressure

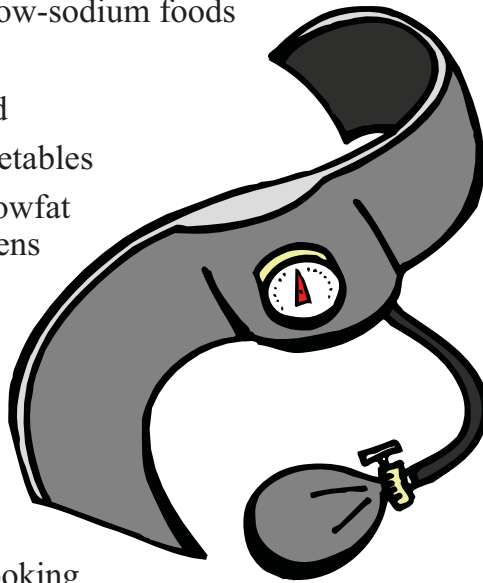
Too much pressure on the blood vessel walls and heart is called high blood pressure or hypertension. It can increase your risk for heart disease and stroke. If you have hypertension, your doctor may tell you to avoid foods that are high in sodium. You may ask your doctor to refer you to a registered dietitian to help you plan a diet that will fit your individual needs. Here are some guidelines.

What foods are good to eat if you have high blood pressure?

- Low-sodium soup and other low-sodium foods
- Lean meat, poultry, and fish
- Whole grain cereals and bread
- Fresh or frozen fruits and vegetables
- Foods with high calcium — lowfat milk, lowfat yogurt, leafy greens
- Lowfat dairy products
- Seasonings without salt
- Fresh herbs and garlic for seasoning food

What foods should you avoid?

- Salted butter
- Salt added at the table or in cooking
- Cooking sauces and condiments such as soy sauce, BBQ sauce, catsup, mustard, mayonnaise
- Prepared foods, such as individual instant hot cereal
- Packaged, convenience products such as seasoned rice mixes, pasta mixes, potato mixes
- Bacon, ham, sausage, cheese
- Salted snacks like chips, crackers, nuts, popcorn
- Canned soups, bouillon, tomato juice, vegetables
- Pickles, pickled vegetables, sauerkraut



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