

Ways to Lower your Blood Pressure

What is Blood Pressure?

- The amount of pressure in your blood vessels caused from the heart pushing blood to all parts of the body
- Your blood pressure goes up and down during the day

What should my blood pressure be?

| | |
|---------------------------------------|--------------------|
| Normal | $\frac{120}{80}$ |
| High - more than | $\frac{140}{90}$ |
| Target level for people with diabetes | $< \frac{130}{80}$ |

What if my blood pressure is too high?

- High blood pressure can damage the blood vessels in your heart, brain, eyes and kidneys

What can I do to lower my blood pressure?

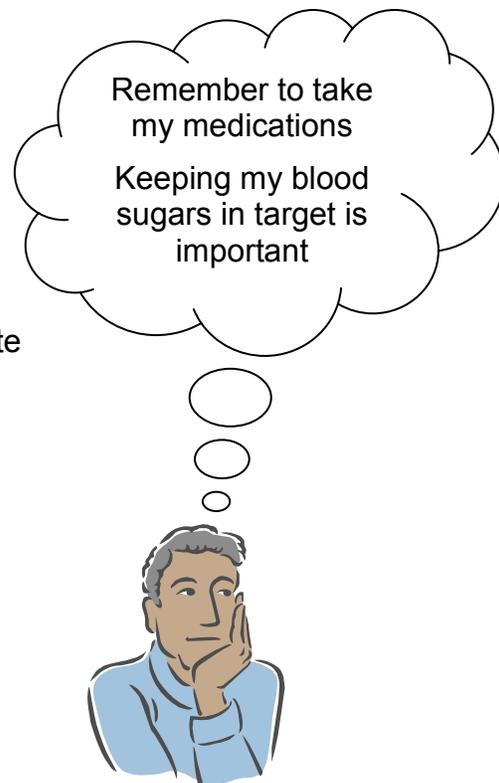
1. Try to eat fruits, vegetables, dairy, whole grain breads, cereals, pasta and rice
2. Choose lean meats such as wild meat and birds
3. Limit your salt to 1 tsp per day
 - Remove the salt shaker from table
 - Use herbs or no-salt spices like pepper, onion powder, garlic powder, oregano, basil, etc.
 - Avoid adding salt to food when cooking
 - Read food labels and aim for foods with less than 150 mg sodium per serving
 - Eat less processed, packaged and fast foods
4. Limit alcohol to no more than 3 drinks for men and 2 drink for women per day. Or do not drink at all
 - You cannot save drinks so you can have them all in one day
5. Try to get 150 minutes of physical activity each week. This means your heart is beating faster and your breathing is heavier.
6. Aim for a healthy weight
 - Even losing 10 pounds can help lower your blood pressure



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What can I do to lower my blood pressure?

7. If you smoke, try to quit
8. Try to reduce stress in your life
 - Find ways to relax
9. Limit caffeine to 400 mg per day
 - Caffeine is found in coffee, most pop, some teas, chocolate and energy drinks



| Food or Drink | Caffeine |
|------------------------------|----------|
| Brewed Coffee (1 cup) | 100 mg |
| Instant Coffee (1 cup) | 66 mg |
| Decaffeinated Coffee (1 cup) | 3 mg |
| Tea (1cup) | 50 mg |
| Herbal Tea (1 cup) | 0 mg |
| Cola (1 can) | 37 mg |
| Chocolate bar (1) | 0 -10 mg |
| Chocolate chips (1/4 cup) | 26 mg |

How do I read a label?

- When reading an ingredient list on a food label salt can be called salt, sodium or soda
- Monosodium glutamate also contains salt
- If the term salt, sodium or soda is listed in the first 3 ingredients or listed more than 3 times this food is considered a high salt food
- Choose foods with less than 5% (150 mg) sodium

| Nutrition Facts | |
|----------------------------------|---------------|
| Per burger (130 g) | |
| Amount | % Daily Value |
| Calories 200 | |
| Fat 9 g | 14 % |
| Saturated Fat 2 g + Trans 1 g | 15 % |
| Cholesterol 70 mg | |
| Sodium 500 mg | 33 % |
| Carbohydrate 4 g | 1 % |
| Fibre 0 g | 0 % |
| Sugars 0 g | |
| Protein 25 g | |
| Vitamin A 0% | Vitamin C 0 % |
| Calcium 4 % | Iron 2 % |

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