

ACTION PACK

FOOD SWAPS FOR HIGH BLOOD PRESSURE.

High blood pressure or hypertension is a silent killer, as most of the time there are no obvious symptoms. When left untreated, consistently high blood pressure can cause damage to your blood vessels and circulation system, causing a high risk of heart attack, stroke and other health threats. Healthy lifestyle choices are core to reducing your blood pressure.

Here are some simple food swaps you could make to help improve your numbers.

REDUCE THIS	EAT THIS	Why?
Pizza (store bought or takeaway)	Homemade pizza using whole wheat pita bread	Pizza crust is often very nutritionally depleted and high in sodium. Swap for a whole wheat pita bread and top with your favourite low sodium high fibre ingredients like mushrooms, spinach, low-fat cheese, tomato, capsicum, zucchini etc.
Cured meats	Grilled, baked or poached meats	Cook your own fresh chicken or turkey breast and then slice it up for a snack or to put into sandwiches. Cured meats are very high in sodium and fat.
Feta (cow)	Feta (goat)	Goat's cheese is much lower in sodium than the cow variety. Other low-sodium cheeses include cheddar, Parmesan and ricotta.
Too much red meat	Fish and seafood	To reduce high blood pressure, cut back on red meat to 2-3 servings a week and replace with fish and seafood. Fish is rich in omega-3 fatty acids which help to reduce inflammation and support healthy blood flow.
Crackers and biscuits	Sliced fruit	Sliced fruit is rich in dietary fibre, vitamins and minerals. Try sliced fruit instead of crackers and biscuits which are low in fibre and high in sodium and/or sugar.
Cream cheese or butter	Avocado	Avocado is a great swap for dairy spreads on toast or a sandwich for lunch. It is rich in vitamin K, potassium and magnesium, all vital for healthy heart functioning and blood flow.



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