

TIPS TO IMPROVE YOUR BLOOD PRESSURE.

High blood pressure is not something that you have to live with; it can be controlled with some simple behaviour changes. Suggestions to help reduce your blood pressure:

- Don't smoke and avoid smoke filled spaces
- Incorporate more physical activity into your day
- Maintain a healthy body weight
- Reduce stress
- Get adequate sleep each night
- Limit fat and salt intake in your diet
- Avoid excessive alcohol consumption

Some of the foods that can help in reducing blood pressure include:

- Skim milk - provides calcium and vitamin D, two nutrients that work as a team to help reduce blood pressure by about 3 to 10%.
- Spinach, unsalted sunflower seeds, beans (black, white, navy, lima, pinto, kidney). These foods are all loaded with magnesium and potassium, key ingredients for lowering and maintaining healthy blood pressure levels.
- Baked white potato, banana, soybeans - these foods provide ample potassium. When potassium is low, the body retains sodium (and too much sodium raises blood pressure). When potassium is high, the body gets rid of sodium. Eating potassium-rich foods is important for maintaining a healthy balance and keeping blood pressure low.

Some of the foods to limit or avoid are:

- Frozen or canned foods high in sodium (check labels)
- Salted or preserved meats
- Salted snack foods
- Alcohol and coffee

FREQUENTLY ASKED QUESTIONS.

I feel healthy, does that mean my blood pressure is OK? There are often no symptoms or signs of high blood pressure - you can have high blood pressure and feel well. Therefore, it is important that you have regular blood pressure checks.

How can I check my blood pressure? To get the most accurate reading, it is best to get your blood pressure checked by your doctor.



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