

Foods to Lower Your Blood Pressure



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Working Well Program

Nutrition Assessment Lab

Reducing Blood Pressure

- Be Heart Healthy!
 - Low Sodium
 - Low Cholesterol
- DASH Diet
 - Fruit and Vegetables
 - Fat Free Dairy
 - Whole Grains
 - Fish, Poultry, Nuts
- Include Physical Activity



Sodium in the American Diet

- Estimated Intake:
 - For Men
 - 4,200 mg
 - For Women
 - 3,300 mg
- Recommendation:
 - 1,500-2,300 mg
 - 1 tsp of salt equals approximately 2,300 mg of sodium



Sodium Terminology



Sodium or salt free

- Less than 5 mg per serving

Very Low Sodium

- 35 mg or less per serving

Low Sodium

- 140 mg or less per serving

Reduced or less sodium

- At least 25% less sodium than the regular version

Light in sodium

- 50% less sodium than the original version

Unsalted or no added salt*

- No salt added to the product during process

**Does not indicate a sodium-free food*



Foods to Limit or Avoid

- Buttermilk
- Cottage Cheese
- Processed Cheese
- Lunch meat
- Sausage
- Bacon
- Tomato juice
- Canned vegetables
- Sauerkraut
- Pickled vegetables
- Canned soup
- Instant hot cereals
- Quick breads
- Salted crackers
- Dessert mixes
- Processed foods
- Condiments
- Salad Dressing

Grains to Choose



- Whole Grains
- Regular cooked cereals with no added salt
- Ready-to-eat cereals
- Unsalted pretzels, popcorn

Fruits and Vegetables to Choose

- Fresh or frozen
- Potassium-rich foods
- Low sodium canned vegetables
 - Rinse before cooking
- Low sodium vegetable juice
- Fruit in its own juice



Meats to Choose

- Plain meats
 - No added salt or processing
- Lean cuts
- Fish or Poultry
- Trim visible fat
- 3 oz portions



Other Protein to Choose



- Nuts (Unsalted)
 - Almonds
 - Walnuts
 - Peanuts
- Seeds
 - Sunflower seeds
- Legumes
 - Kidney beans
 - Lentils
 - Split Peas

Dairy to Choose

- Skim or 1% milk
- Lite Yogurt
- Low sodium cheese
- Hard cheeses
 - Cheddar
 - Swiss
 - Monterey Jack
 - Mozzarella





Visit <http://www.mrsdash.com> for recipes ideas!

Spice Your Food

- Hide the salt shaker
- Try adding fresh herbs and spices to your recipes for added flavor
- Avoid anything that has *salt* in the title such as *garlic salt* or *season salt*
- Ask your doctor before using salt substitutes

Roasted Red Potatoes



- Ingredients
 - 1 1/2 Tbsp. Mrs. Dash® Original Blend
 - 12 small red potatoes cut into wedges
 - 1 Tbsp. olive oil

Recipe from <http://www.mrsdash.com>

Country Chicken and Mushrooms

- Ingredients
 - 3 Tbsp. Mrs. Dash® Garlic & Herb Seasoning Blend
 - 4 boneless, skinless chicken breasts
 - 1 lb. mushrooms, wiped or washed, cut in half
 - 2 Tbsp. olive oil



Recipe from <http://www.mrsdash.com>

Sea Salt and Gourmet Salts

- Same amount of sodium as table salt
- Differences in texture, color, and taste
- Not healthier than table salt

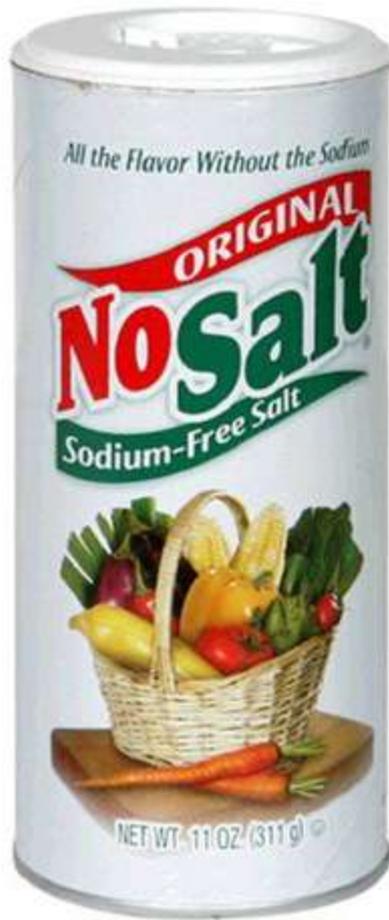




MAKING HEALTHIER FOOD CHOICES

Choose the healthier food options presented on the following slides to help lower blood pressure.

Seasoning



Tomato Juice



French Fries



*Medium (5 oz)
500 mg sodium*

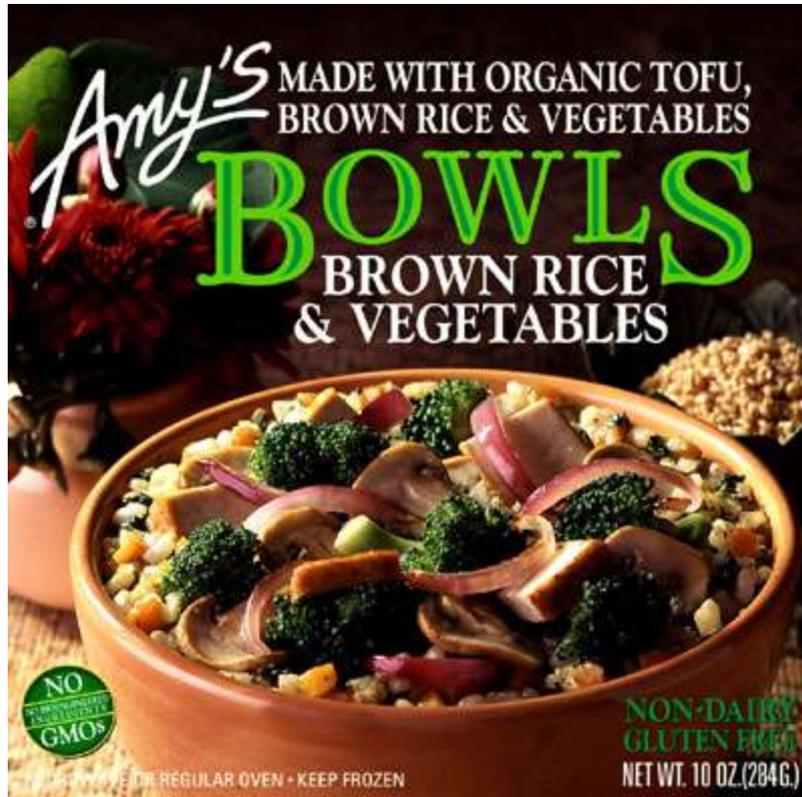


*Large (5.4 oz)
350 mg sodium*

Vegetables



Healthy Frozen Dinners

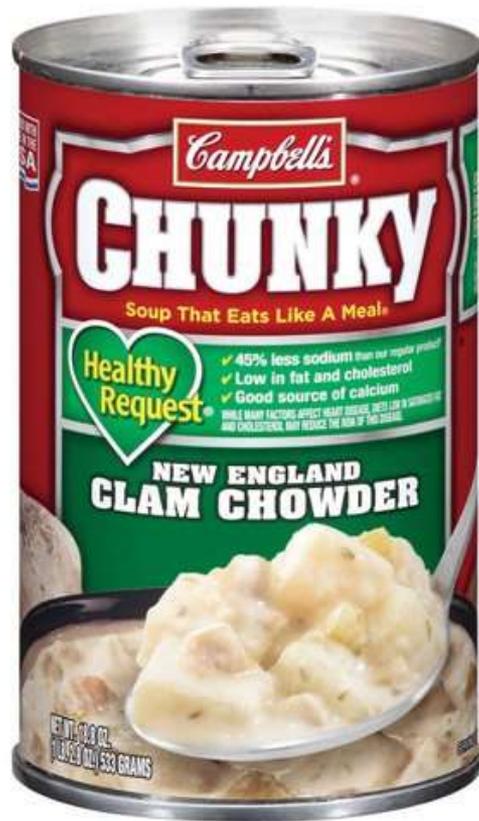


550 mg sodium

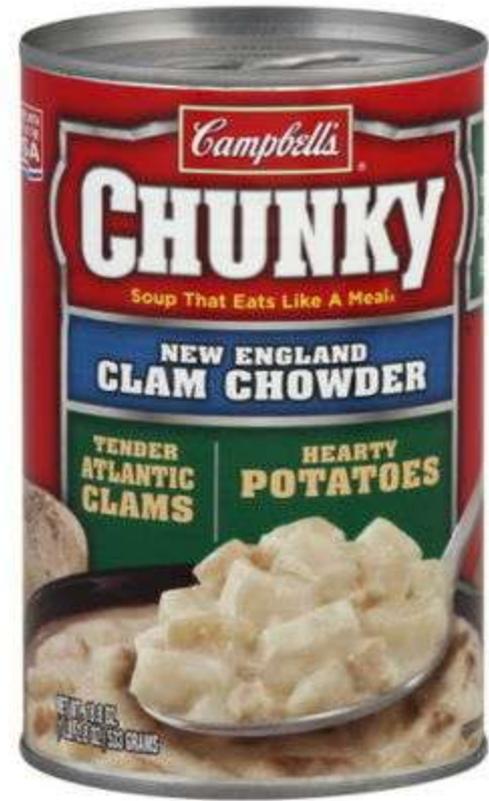


590 mg sodium

Soup



410 mg sodium



890 mg sodium

Questions?

