**HIGH BLOOD PRESSURE**

**HEALTHY EATING**

1. **Adopt the Dietary Approaches to Stop Hypertension (DASH) eating pattern**
   - Eat lots of vegetables, fruit, and whole grains.
   - Enjoy lean protein, low-fat dairy, and nuts.
   - Limit saturated fat, added sugar, and “junk food.”
2. **Increase potassium and decrease sodium**
   - Eat nine servings of fruit and vegetables each day.
   - Consume less than 2,300 mg of sodium/day (equivalent to one teaspoon of table salt).
3. **Supplement with vitamin C**
   - 500 mg/day of supplemental vitamin C.

**APPROXIMATE REDUCTION IN SYSTOLIC BP with diet and lifestyle changes**

- **Low weight**
  - 10-14 mm Hg reduction
- **DASH eating pattern**
  - 4-9 mm Hg reduction
- **Daily aerobic exercise**
  - 2-4 mm Hg reduction
- **Limit alcohol**
  - 2-4 mm Hg reduction
- **Limit sodium**
  - 4-9 mm Hg reduction

**HOW DOES HIGH BLOOD PRESSURE AFFECT YOUR HEALTH?**

- Chronic overstretching of arteries has many negative effects:
  - Tears and scarring
  - Weak spots that rupture easily
  - Blood clot formation
  - Increased workload on the heart
  - Plaque build-up

**HEART ATTACK**

- About 7 in 10 adults having their first heart attack have high blood pressure.

**HEART FAILURE**

- About 7 in 10 adults with chronic heart failure have high blood pressure.

**STROKE**

- About 8 in 10 adults having their first stroke have high blood pressure.

**About 1 in 3 adults** in the US have high blood pressure.

**About 7 in 10 adults** over the age of 65.

**More African Americans than any other ethnicity.**

**HIGH BLOOD PRESSURE AFFECTS:**

- Blood pressure is the force exerted against arterial walls as the heart pumps blood.

**HIGH BLOOD PRESSURE INCREASES YOUR RISK FOR:**

- What is blood pressure?
- What is high blood pressure?

**HEALTHY OILS**

**VEGETABLES**

**WHOLE GRAINS**

**HEALTHY MILK**

**WATER**

**HEALTHY PROTEIN**

**Fruit**

**BLOOD PRESSURE**

**NORMAL**

- Systolic blood pressure (SBP) < 120 mm Hg
- Diastolic blood pressure (DBP) < 80 mm Hg

**AT RISK**

- Systolic blood pressure (SBP) 120-129 mm Hg
- Diastolic blood pressure (DBP) 80-89 mm Hg

**HIGH**

- Systolic blood pressure (SBP) ≥ 140 mm Hg
- Diastolic blood pressure (DBP) ≥ 90 mm Hg

**DASH eating pattern**

- Eat lots of vegetables, fruit, and whole grains.
- Enjoy lean protein, low-fat dairy, and nuts.
- Limit saturated fat, added sugar, and “junk food.”

**HOW CAN YOU LOWER YOUR BLOOD PRESSURE?**

- Adopt the Dietary Approaches to Stop Hypertension (DASH) eating pattern.
- Increase potassium and decrease sodium.
- Supplement with vitamin C.

**SOURCES**

- Micronutrient Information Center, lpi.oregonstate.edu/mic
- Centers for Disease Control and Prevention, high-blood-pressure-facts.cdc.gov/blood-pressure/facts.htm
- American Heart Association, About High Blood Pressure, heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/About-High-Blood-Pressure_UCM_020505_Article.jsp?lang=en
- National Heart, Lung, and Blood Institute, Description of the DASH Eating Plan, www.nhlbi.nih.gov/health/health-topics/topics/dash

© Linus Pauling Institute

LINUS PAULING INSTITUTE
OREGON STATE UNIVERSITY