HIGH BLOOD PRESSURE

HEART DISEASE

BLOOD PRESSURE

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

High blood pressure stretches arteries beyond a healthy limit.

WHAT IS BLOOD PRESSURE?

WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is defined as any systolic blood pressure (SBP) of 140 mm Hg or higher and/or any diastolic blood pressure (DBP) of 90 mm Hg or higher.

HOW CAN YOU LOWER YOUR BLOOD PRESSURE?

Diet and lifestyle changes can reduce your blood pressure and improve your health.

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 per 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

Source:
- Dietary Approaches to Stop Hypertension
- Maximum one drink/day for women, two drinks/day for men
- Sodium reduced by approximately 1,200 mg/day

NUTRITION TIPS

- adalah
- dike
- karbohydrat
- lemak
- protein
- vitamin
- mineral
- fiber

SOURCES

- Micronutrient Information Center, lpi.oregonstate.edu/mic
- Centers for Disease Control and Prevention, cdc.gov/bloodpressure/Facts.htm
- American Heart Association, About High Blood Pressure, heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/About-HighBloodPressure_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

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