



Hypertension Tips

Optimal control of your blood pressure promotes a healthy heart and reduces your risk of cardiovascular disease. Maintaining a healthy weight, being physically active, and eating a balanced diet help control your blood pressure.

Weight Reduction

- Moderate weight loss can have BIG results on your blood pressure
- Making small, sustainable lifestyle changes to shed extra pounds will have the greatest impact on your long-term blood pressure and cardiovascular health goals
- Consuming a diet that consists of mostly vegetables, lean proteins, whole grains, and whole fruit will yield weight loss and promote heart health
- Weight loss takes time and commitment. Aim to lose 1-2 pounds per week

Limit Sodium

- Limit sodium intake to 2-3 grams daily
- Cut out foods that are very high in sodium such as chips, pretzels, fried food, fast food, take-out, frozen meals
- Focus on increasing intake of fresh foods that are naturally low in sodium
- Rather than using table salt, season your food with spice blends, herbs and citrus
- Try to prepare more meals at home so that you can control the amount of salt in your food

Limit Alcohol

- Alcohol can raise your blood pressure significantly, especially if you drink to excess. It can also lead to weight gain which negatively impacts your blood pressure.
- If you do choose to drink alcohol, limit alcohol to <1 drink per day for females, <2 drinks per day for males

Limit Caffeine

- If you have high blood pressure, you should limit or eliminate caffeine intake
- If you do choose to consume caffeine, limit the amount to less than 200mg daily. This is equivalent to about:
 - One 6-oz cup of coffee
 - 2.5 shots of espresso
 - Four 8-oz cups of tea
 - 6 sodas
 - 1 energy drink

Avoid Herbal Supplements

- Most herbal supplements are not FDA approved and thus the contents can vary widely
- Take special care to avoid Ma Huang (ephedra) and St. John's wort
- Herbal teas are fine to consume in moderation
- Taking a daily multivitamin and any vitamins or minerals prescribed by your provider is appropriate