



Blood Pressure

- Blood pressure is a vital sign that measures the force/pressure of the blood circulating in the arteries when the heart beats and is at rest
 - Systolic pressure is the force of the blood when the heart beats
 - Diastolic pressure is the force of blood when the heart rests
- High blood pressure can damage the heart, blood vessels, and eyes and increase the risk for stroke and heart attack
- Hypertension is high blood pressure defined as 140 mmHg or more systolic pressure and/or 90 mm Hg or more diastolic pressure
- Blood pressure classifications:

Category	Systolic BP (mm Hg)	Diastolic BP (mm Hg)
Hypotension	<90	<60
Normal/Desired	90-119	60-79
Prehypertension	120-139	80-90
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	160-179	100-109
Severe Hypertension	>180	>110

- Managing hypertension
 - Lose weight if you are overweight or obese
 - Do not smoke
 - Exercise regularly
 - Reduce your intake of salt
 - Limit sodium to less than 2400 mg/day
 - 1 tsp of salt = 2300 mg sodium
 - Choose convenience foods with less than 800 mg sodium per serving
 - Food labels (per serving)
 - Sodium free – 5 mg or less
 - Very low sodium – 35 mg or less
 - Low sodium – 140 mg or less
 - Reduced sodium – 25% less than original
 - Light in sodium – 50% less than original
 - Limit alcohol
 - Men – maximum of 2 drinks per day
 - Women – maximum 1 drink per day
 - 1 drink = 12 oz beer, 5 oz wine, 1 oz of hard alcohol
 - Decrease stress

80/20 Rule: No one is perfect. Set your goal to eat properly **80%** of the time.



- Diet/Nutrition
 - Ensure adequate potassium, calcium and magnesium
 - Potassium – fruits, vegetables, dairy, fish
 - Magnesium – whole grains, leafy greens, nuts, seeds, dry peas and beans
 - Fish Oils
 - Do not add salt while cooking
 - Drain and rinse canned foods to remove excess sodium
 - Be careful of these foods (and limit and avoid where possible):
 - Convenience foods
 - Breaded fish, poultry and meats
 - Most cheeses, including cottage cheese and cheese spreads
 - Instant hot cereals and many ready-to-eat cereals
 - Boxed and flavored mixes of rice, potatoes, macaroni and cheese, instant noodles, couscous
 - Canned vegetables
 - Frozen vegetables in sauces
 - Soups – instant, canned & jarred, including broth and bouillon
 - Seasonings made with salt, celery salt, garlic salt, onion salt
 - Sauces, gravies and instant sauce and gravy mixes
 - Canned seafood – tuna, sardines, mackerel, sardines, anchovies, oysters, caviar, crab
 - Snack foods – chips, crackers, salted nuts, pork rinds, pretzels
 - Pickled foods like olives, pickles, relish, sauerkraut, herring
 - Condiments – ketchup, soy sauce, steak sauce, teriyaki sauce, salad dressings, barbecue sauce, mayonnaise, mustard, chili sauce, Worcestershire sauce
 - Frozen dinners, meal mixes, pot pies, and pizza
 - Smoked, salted or cured meats such as bacon, ham, hot dogs, bologna, salami, pepperoni, luncheon meats, sausage, corned beef, chipped beef; meats koshered by salting
 - Buttermilk, butter, salt pork

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