



EAT SMART *for Heart Health*

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Check Your Blood Pressure!



A desirable blood
pressure is 120/80

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Prevent High Blood Pressure!

High blood pressure is a serious disease. When your blood pressure is high, your heart has to work harder than it should to move blood to all parts of the body. If not treated, high blood pressure raises your chances of:

- Stroke
- Heart Attack
- Kidney Problems
- Eye Problems
- Death

To Prevent High Blood Pressure:

Aim for a healthy weight. Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about half a pound to 1 pound each week until you reach a healthy weight.

Be active every day. You can walk, dance, use the stairs, play sports, or do any activity you enjoy.

Select foods with less salt and sodium. Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the salt shaker off the table.

Cut back on alcohol. Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day.

***Take steps to stay healthy now, so you
won't have high blood pressure later!***

Eat Less Salt and Sodium!

Sodium is found in most foods you eat and drink. Sodium is part of salt. Sodium is also found in other substances in foods. Most of the sodium in your diet comes from salt already in foods you buy and salt you add to food in cooking or at the table. You can make a few simple changes to help you and your family eat less salt and sodium.

When you shop:

- Buy fruits and vegetables for snacks instead of salty chips and salty crackers.
- Read food labels. Buy foods that say “reduced sodium,” “low in sodium,” “sodium free,” or “no salt added.”
- Choose fewer regular canned and processed foods like sausage, bologna, pepperoni, salami, ham, canned or dried soups, pickles, and olives.



When you cook:

- Each day cut back a little on the amount of salt you add to foods. You will soon get used to eating less salt.
- Use spices instead of salt. Season your food with herbs and spices such as pepper, cumin, mint, or cilantro.
- Use garlic powder and onion powder instead of garlic salt and onion salt.
- Use less bouillon cubes, soy sauce, and ketchup.



When you are at the table:

- Take the salt shaker off the table.

Try these spices instead of salt to season food

For beef...	try bay leaf, garlic, marjoram, basil, pepper, thyme, cilantro.
For chicken...	try marjoram, oregano, rosemary, sage, tarragon.
For fish...	try curry powder, dill, parsley

You will be amazed at how good your food will taste!

Sources: *Cut Down and Salt and Sodium!* U.S. Department of Health and Human Services - National Institute of Health, NIH Publication No. 96-4042, September 1996. *Take Steps – Prevent High Blood Pressure!* U.S. Department of Health and Human Services – National Institute of Health, NIH Publication No. 96-4041, September 1996. *Making Healthy Food Choices*, USDA – Center for Nutrition Policy and Promotion, Home and Garden Bulletin Number 250, revised 1998.