



Smart Goals for Hypertension

Talk to your health care provider about the lifestyle changes that are appropriate for you.

1. Follow the DASH Diet “Dietary Approaches to Stop Hypertension”

The DASH diet has been proved to reduce blood pressure, which can help you live a longer and healthier life. Follow these tips from the DASH diet to lower your blood pressure:

- Eat fewer processed foods (such as snack items, lunch meats, canned soup)
- Eat foods high in calcium, potassium, and magnesium (such as fruits, vegetables, and dairy)
- Eat foods with less sodium (salt)
- Eat 8-10 servings of fruits and vegetables and 3 servings of low-fat dairy products each day.
- Eat foods low in fat

For more information on following the DASH diet, check out these webpages:

http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

2. Get Moving!

Do 30-45 minutes of exercise each day. Walk, bike, swim, or other exercise for thirty minutes each day. You can do it!

3. Be a Quitter!

For help with quitting smoking, contact the Tobacco Consultation Service:

http://hr.umich.edu/mhealthy/programs/tobacco/index.html?utm_source=homepage&utm_medium=website&utm_campaign=leftside

4. Reduce salt

- Do not add salt to food at the table
- Reduce or get rid of salt used in cooking
- Limit processed and fast food
- Read package labels for amount of salt (sodium) in food

5. Reduce alcohol

Drinking more than one ounce of alcohol a day may increase blood pressure.

One ounce of alcohol is contained in 2 oz. of 100 proof whiskey, 8 oz. (2 glasses) of wine or 24 oz. (2 bottles) of beer.

6. Monitor your blood pressure at home

Your health care provider can show you how to measure and record your blood pressure at home.

7. Lose weight.

If you are overweight, losing just 10 pounds can reduce your blood pressure.

8. Take your medications as prescribed by your health care provider.

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Patient Education Handout associated with UMHS Clinical Care Guideline

Created 2011. Reviewed April 2014