



Action Items To Help Lower Your Blood Pressure



TRIPP

Family Medicine

(208) 933-4400

Remember—*You Can Do It!*

1 **Maintain a healthy weight**

- Check with your health care provider to see if you need to lose weight.
- If you do, lose weight slowly using a healthy eating plan and engaging in physical activity.

2 **Be physically active**

- Engage in physical activity for a total of 30 minutes on most days of the week.
- Combine everyday chores with moderate-level sporting activities, such as walking, to achieve your physical activity goals.

3 **Follow a healthy eating plan**

- Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods such as the DASH eating plan.
- Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement.
- If you are trying to lose weight, choose an eating plan that is lower in calories.

4 **Reduce sodium in your diet**

- Choose foods that are low in salt and other forms of sodium.
- Use spices, garlic, and onions to add flavor to your meals without adding more sodium.

5 **Drink alcohol only in moderation**

- In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.
- If you drink alcoholic beverages, have only a moderate amount—one drink a day for women, two drinks a day for men.

6 **Take prescribed drugs as directed**

- If you need drugs to help lower your blood pressure, you still must follow the lifestyle changes mentioned above.
- Use notes and other reminders to help you remember to take your drugs. Ask your family to help you with reminder phone calls and messages.



THE DASH EATING PLAN

The DASH eating plan shown below is based on **2,000 calories a day**. The number of daily servings in a food group may vary from those listed, depending upon your caloric needs.

FOOD GROUP	DAILY SERVINGS (EXCEPT AS NOTED)	SERVING SIZES
Grains and grain products	7–8	1 slice bread 1 cup ready-to-eat cereal* 1/2 cup cooked rice, pasta, or cereal
Vegetables	4–5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 ounces vegetable juice
Fruits	4–5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 6 ounces fruit juice
Lowfat or fat free dairy foods	2–3	8 ounces milk 1 cup yogurt 1 1/2 ounces cheese
Lean meats, poultry, and fish	2 or fewer	3 ounces cooked lean meat, skinless poultry, or fish
Nuts, seeds, and dry beans	4–5 per week	1/3 cup or 1 1/2 ounces nuts 1 tablespoon or 1/2 ounce seeds 1/2 cup cooked dry beans
Fats and oils†	2–3	1 teaspoon soft margarine 1 tablespoon lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 ounce jelly beans 8 ounces lemonade

* Serving sizes vary between 1/2 cup and 1 1/4 cups. Check the product's nutrition label.

† Fat content changes serving counts for fats and oils: For example, 1 tablespoon of regular salad dressing equals 1 serving, 1 tablespoon of lowfat salad dressing equals 1/2 serving, and 1 tablespoon of fat free salad dressing equals 0 servings.