Hypertension | High Blood Pressure

a guide to help you manage and treat your hypertension in order to help prevent the major risks associated with long term hypertension.
important phone numbers

Your Doctor: _________________________

Your Cardiologist: _________________________

Your Care Manager: _________________________

Your Pharmacy: _________________________

Other: _________________________

Other: _________________________

Other: _________________________

references

Academy of Nutrition and Dietetics
American Heart Association
Group Health
WebMD
What is Hypertension?

Hypertension (HTN), or elevated arterial blood pressure, is the most prevalent cardiovascular disease in the world. Since persons with hypertension are often asymptomatic, it is a dangerous disease that silently damages the heart and arteries.

The Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure classifies blood pressure as follows:

<table>
<thead>
<tr>
<th>Blood Pressure (BP) Classification</th>
<th>Systolic BP mm Hg</th>
<th>Diastolic BP mm Hg</th>
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<tr>
<td>Normal</td>
<td>&lt; 120 and</td>
<td>&lt;80</td>
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<tr>
<td>Prehypertension</td>
<td>120 to 139 or</td>
<td>80 to 89</td>
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<tr>
<td>Stage 1 Hypertension</td>
<td>140 to 159 or</td>
<td>90 to 99</td>
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<tr>
<td>Stage 2 Hypertension</td>
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Causes of essential hypertension are not known.

Risk Factors for the development of hypertension include age, ethnicity, family history, lower socioeconomic status, diabetes, higher body weight, sleep apnea, lower physical activity, and dietary factors.

Screening for high blood pressure is important to reduce complications and mortality from untreated hypertension. Blood pressure is measured using two numbers. The first number, called systolic blood pressure, represents the pressure in your blood vessels when your heart beats. The second number, called diastolic blood pressure, represents the pressure in your blood vessels when your heart rests between beats. Blood pressure is measured in millimeters of mercury (mmHg).

Complications
Morbidity from hypertension includes left ventricular hypertrophy, heart failure, atherosclerosis, myocardial infarction (heart attack), kidney failure, and stroke.

Treatment
Lifestyle modifications, such as improving dietary quality, managing weight, smoking cessation and participating in physical activity, are effective in the prevention and treatment of hypertension.
your HTN plan

**BLOOD PRESSURE**

**HEART RATE**

**EXERCISES**

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**Blood Pressure and Heart Rate**

Your blood pressure and heart rate are extremely important parameters that affect how well your heart can function and reflect how well your medicines are working.

If you take your blood pressure and heart rate at home, keep a record to share with your doctor at your regular visits.

Your doctor can give you a range of blood pressure and heart rates that are acceptable for you and instructions on what to do if your measurements are outside these ranges.

**YOUR ACCEPTABLE RANGE:**

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**Track Your Exercise and Tolerance**

Insufficient physical activity is defined as less than 2 hours and 30 minutes a week of moderate intensity aerobic activity.

Cardiovascular activity strengthens your heart muscle thereby allowing it to pump blood more efficiently.

An accurate assessment of your exercise tolerance will help you and your doctor decide whether changes need to be made in your medical regimen. Keep a record of how much exercise you can do and what types of activities you can do without difficulties.

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**notes**
Monitor Your Weight
Overweight, defined as a BODY MASS INDEX ≥25.0

Excess weight increases the strain on the heart, raises blood cholesterol and triglyceride levels, and lowers HDL (good) cholesterol levels. It can also make diabetes more likely to develop.

**Losing** as little as **10 to 20 pounds** can help **lower your blood pressure** and your heart disease risk.

To successfully and healthfully lose weight—and keep it off—most people need to subtract about **500 calories per day** from their diet to lose **about 1 pound per week**.

This can also be accomplished by reducing total caloric intake in combination with increasing calories burned with exercise. Ex. Walking (3mph) for 30 min. and consuming ~350 less calories every day.

Watch for Side Effects from Your Medication
All medicines have side effects. Ask your doctor or pharmacist about the side effects of each medicine you take. Side effects are also listed in the information that comes with your medicine.

If you develop any of these expected side effects or any new symptoms that you think can be attributed to one of the medicines that you are taking, it is important that you discuss the problem with your doctor immediately.
your HTN plan

Reduce Your Intake of Sodium
The nutrition plan for HTN usually limits the sodium you get from food and drinks to 2,000 milligrams per day. The American Heart Association recommends that people with high blood pressure eat less that 1500mg per day.

Sodium is implicated in raising blood pressure since salt or sodium increase fluid load within the body, which in turn raises the “pressure on the arterial walls” and makes the heart work harder.

Salt is the main source of sodium. 1/4 teaspoon of table salt has almost 600 mgs of sodium.

READ nutrition labels on foods and follow these guidelines:
› **Select** foods with 140 mgs of sodium or less per serving.
› **Foods** with more than 300 mgs of sodium per serving may not fit into your plan.
› **Check** serving sizes. If you eat more than 1 serving, you will get more sodium than the listed amount.
› **Many** foods naturally contain sodium and need to be accounted for when totaling your intake of sodium for the day. Don’t forget to include drinks and snacks!

Drink Water
8-10 Cups per day, every day. Increasing water intake helps your body clear excess fluids that are retained in your body. It is very important to increase your consumption of water whenever you are increasing your activity level and fiber intake.

Practice Stress Management Strategies
Everyone copes with stress differently, but there are healthy ways to find relief. Stress management starts with taking control where you can.

Practice the 4 A’s
› **AVOID** the stressor when possible (change the situation)
› **ALERT** the stressor (express feelings, be more assertive, compromise)
› **ADAPT** to the stressor (Change reaction/response– be positive!)
› **ACCEPT** the stressor (let it go, confide, forgive)

Come up with a list of healthy ways to recharge and relax. Try exercise, deep breathing techniques, reading a good book, calling a friend, listening to music, or spend time in nature. Even if you’re feeling good, try to incorporate some time for stress relief daily. You’ll be in a better place to handle life’s stressors by doing so.
06
how to reduce sodium in your diet

01 Remove the Salt Shaker
You’ll be less likely to use it. Avoid using salt in cooking.

02 Avoid Processed Foods
› Canned foods: soups, stews, sauces, gravy mixes, and some vegetables
› Frozen foods: dinners, entrées, vegetables with sauces
› Snack foods: salted chips, popcorn, pretzels, pork rinds, and crackers
› Packaged Starchy Foods: seasoned noodle or rice dishes, stuffing mixes, macaroni and cheese dinners
› Instant Cooking Foods to which you add hot water and stir: such as potatoes, cereals, noodles, and rice
› Mixes: cornbread, biscuit, cake, pudding
› Meats: Deli or lunch meats such as bologna, ham, turkey, and roast beef. Cured or smoked meats such as corned beef, sausage of any kind patty, link, Kielbasa, Italian, wiener or hot dogs, and bacon. Canned meats such as potted meats, spreads, Spam, and Vienna sausage.
› Cheeses: read labels and avoid cheeses with more than 140 milligrams sodium preserving (for example, American cheese, Velveeta, and Cheez Whiz)
› Condiments, Sauces, and Seasonings:
  › Mustard, ketchup, salad dressings, bouillon cubes or granules
  › Sauces: worcestershire, barbecue, pizza, chili, steak, soy, or horseradish sauce
  › Meat Tenderizer
  › Monosodium Glutamate (MSG)
  › Pickles and Olives
  › Any seasoning that has “salt” in the name or on the label: Avoid celery salt, garlic salt, and onion salt; however, it is okay to have garlic or onion powder or flakes
  › Read labels carefully—lemon pepper often has salt

03 Be a Smart Shopper
Look for food packages that say “salt-free” or “sodium-free.” These items contain less than 5 milligrams of sodium per serving. “Low-sodium” products contain less than 140 milligrams of sodium per serving. “Unsalted” or “no added salt” products may still be high in sodium. Check the nutrition label.

04 Track Your Sodium Intake
adding flavor WITHOUT ADDING SODIUM

› Try lemon juice, lime juice, fruit juice, or vinegar.

› To release more flavor and aroma, crumble dry leaf herbs — basil, bay leaf, oregano, savory, and others — between your fingers. Or finely chop fresh herbs just before using in recipes. Kitchen shears work great for this job.

› In dishes that cook for a long time, such as soups and stews, add herbs and spices toward the end of the cooking time. That way the flavor won’t cook out.

› For chilled foods, such as salads and dips, add seasonings several hours ahead. That allows time for the flavors to blend.

› When substituting fresh for dry herbs, 1 tablespoon of fresh herbs equals 1 teaspoon dried herb. Dry herbs are stronger than fresh; powdered herbs are stronger than crumbled herbs.

› Some favorites used by many people are Mrs. Dash, curry powder, and cayenne or other hot pepper flavors.

› Avoid using salt substitutes that are high in potassium. Using these products can lead to dangerously high levels of potassium that may cause problems with certain medicines used for heart failure.

› Find a low-sodium cookbook or check the Internet for low-sodium recipes and suggestions.

› Buy a sodium-free seasoning blend or make your own at home.

› Remember: A little bit of spice goes a long way! Be careful not to over season.

**SPICE BLEND RECIPE**
(makes 1/3 cup)

- 5 teaspoons onion powder
- 2½ teaspoons garlic powder
- 2½ teaspoons paprika
- 2½ teaspoon dry mustard
- 1½ teaspoon crushed thyme leaves
- ½ teaspoon white pepper
- ¼ teaspoon celery seed
reduce fat & increase fiber

A diet high in saturated fat can lead to more heart problems, such as clogged arteries.

› Instead of saturated fats such as butter, shortening, and stick margarine, choose small amounts of olive, canola, or vegetable oil.

› Avoid fatty cuts of meat, such as high-fat hamburger and prime cuts of meats. Avoiding bacon, sausages and cured meats.

› Trim the visible fat off meat and remove the skin from poultry before cooking.

› Limit red meat consumption to 1-2 times per week. Plan to more plant-based meals, substituting legumes (beans) or soy (tofu) for protein.

› Bake, broil, grill, boil, or steam foods instead of frying.

› Use fat-free milk and dairy products. Select cheeses low in sodium and fat.

› Use small amounts of canola oil, olive oil or Pam instead of solid fats when cooking.

› Limit added fats such as salad dressing, mayonnaise, margarine, cream sauces, or sour cream. When you do use these, choose low-sodium options.

› Eat more omega-3 fats (heart-healthy fats); Good choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week. Other foods with omega-3 fats include walnuts, canola, soybean, and flaxseed oil or freshly ground flaxseed.

Increase Your Intake of Fiber

› Fruits, vegetables, whole grains, and dried beans are good sources of fiber.

› Aim for 5+ cups of fruits and vegetables per day. When edible, keep the skin on to maximize your fiber and nutrient intake.

› Have 3 ounces of whole grain foods every day.

› Eat more Beans. They are one of the most naturally rich sources of fiber, as well as protein, lysine, vitamins, and minerals, in the plant kingdom. Avoid canned if possible, thoroughly rinse with cold water when not.
Always read food labels when you shop and when calculating your intake for the day.

**Nutrition Facts**

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<table>
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<table>
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<td>Protein</td>
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| Vitamin A            | 0%       |
| Vitamin C            | 0%       |
| Calcium              | 4%       |
| Iron                 | 10%      |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
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<tr>
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**Serving Size**

All the information on the label about calories and nutrients is for 1 serving. If you eat more than 1 serving, you get more calories and nutrients.

**Calories**

Choose foods that help you get the nutrients you need without going over your daily calorie goal. Too many calories leads to weight gain.

**Total Fat**

Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat 2,000 calories per day, 50 to 75 grams per day is a good range. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).

**Saturated Fat and Trans Fat**

Choose foods with less than 3 grams per serving of saturated fat and trans fat. (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 15 grams of saturated fat and trans fat combined in 1 day. Read ingredients. If a food contains partially hydrogenated oils, then it has trans fat. (If it has less than half a gram per serving, the label may still say trans fat–free.)

**Sodium**

Look for foods that have < 140 mgs. of sodium. Each day, eat less than 1,500 milligrams sodium.

**Total Carbohydrate and Sugars**

If you have high triglycerides, choose foods with less than 30 grams total carbohydrate and less than 15 grams sugars preserving.

**Dietary Fiber**

Aim to get 25 to 30 grams dietary fiber each day. To meet this goal, include foods with at least 5 grams of fiber per serving.
Portion sizes are important and should be controlled to promote healthy weight and an increase in vegetables, fruits, whole grains, and low-fat dairy products to ensure adequate potassium, magnesium, and calcium intake.

One half plate NON-starchy vegetables such as:

- Spinach
- Broccoli
- Cauliflower
- Romaine lettuce
- Cabbage
- Carrots
- Tomatoes
- Onions
- Cucumber
- Beets

One quarter of your plate protein source such as:

- 3 oz. of lean beef or pork
- 3 oz. of skinless turkey, chicken or fish
- Tofu
- Eggs
- Cottage cheese

*A 3 oz. serving is about the size of a deck of cards.

One quarter of your plate starchy foods such as:

- Bread
- Potatoes
- Corn
- Beans
- Rice
- Tortilla
- Cereals
- Oatmeal

*Serving sizes range from 1 cup of rice to a baked potato about the size of your fist.
Eating out is convenient, a nice break from cooking and a fun way to celebrate special occasions. Below are some tips for eating out without getting too much sodium and fat.

› Tell your server you are on a low-sodium low-fat diet and ask for suggestions that are healthier and may be lower in sodium and fat. Some restaurants have these foods identified as heart healthy on the menu.

› Order grilled, baked, or broiled meat, chicken, or fish without added salt, sauces, or gravy. Ask for some lemon and pepper to add flavor.

› Select steamed rice, baked potato, or plain noodles instead of mashed potatoes or fried rice.

› If the vegetables are not fresh or frozen, have a salad instead. Use oil and vinegar dressing or ask for the dressing on the side and use just a little.

› Most menu items at fast food restaurants are high in sodium and fat. Ask for the printed nutrition information and choose the best options.

› Avoid condiments high in sodium, such as pickles, relish, and olives. Use just a small amount of ketchup, mustard, or mayonnaise.

Avoid Alcohol
Excessive alcohol intake, defined as more than two drinks a day for men, more than one drink per day for women (one drink is equal to 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of 80 proof whiskey).

Heavy and regular use of alcohol can increase blood pressure dramatically.

Quit Smoking!
Each cigarette you smoke temporarily increases your blood pressure for many minutes after you finish.

Smoking is the most important preventable cause of premature death in the United States. For your overall health and to reduce your risk for heart attack and stroke, avoid all forms of tobacco as well as secondhand smoke.
healthy grocery shopping

Produce
Fill up your cart with produce!

Deli Counter
Choose Healthy Choice or Lifestyle deli meats or only white cuts of poultry such as turkey or chicken breast, NO salami, ham, pimento loaf, etc. It’s best to bake/boil a chicken or turkey breast and slice with out skin as needed as even low sodium deli meats are often very high in sodium.

Seafood
Choose any types BUT avoid prepared choices that are breaded, stuffed, or sauces.

Bread and Cereal
Choose breads and cereals that have 3g of dietary fiber or more.

Dairy
Choose 1% or skim milk and fat-free creamer, choose fat-free yogurt, and reduced fat or skim milk cheeses.

Bakery
Stay away from rolls, muffins, doughnuts, white breads, coffee cakes, cookies, etc.

Healthy Snack Choices
Small fresh fruits or vegetables OR packaged or canned foods whose label reads:

- Total Fat: less than or equal to 3g
- Saturated Fat: less than or equal to 1g
- Sodium: less than or equal to 140mg
- Dietary Fiber: greater than or equal to 3g

Pasta and Rice
Choose only higher fiber brands such as wild or brown rice and spinach, whole wheat, or tomato basil pasta/noodles. Try Hodgen Mills, Smart Choice or Barilla Plus.

Canned Foods
When time is an issue, you can rinse canned beans and remove 40% of the sodium.

Freezer Section
Choose low fat frozen yogurt or sherbet over ice cream, Healthy Choice, Smart Ones or Lean Cuisine dinners—these “healthier” TV dinners are not to be eaten more than twice a month. Grab some fruits and vegetables here when they are out of season.
Chicken Kabobs w/ Peach Glaze

Ingredients
1 tablespoon cornstarch
2 cans (5.5 ounces each) peach nectar
1/4 teaspoon curry powder
1 lb boneless skinless chicken breast, cut into 1 inch cubes
1/8 teaspoon ground cinnamon
2 medium peaches, cut into chunks
1/8 teaspoon chili powder
4 green onions, cut into 1 inch pieces
1 small green pepper, cut into 1 inch pieces
1 small sweet red pepper, cut into 1 inch pieces

Directions
In a small saucepan, combine cornstarch, curry, cinnamon, and chili powder. Gradually stir in the peach nectar. Bring to a boil; cook and stir for 2 minutes or until thickened. On eight skewers, alternately thread the chicken, peaches, onions and peppers. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill kabobs, covered, over medium heat or broil 4 inches from heat for 10-15 minutes or until juices run clear. Occasionally turn and baste with nectar mixture. Adapted from: Taste of Home

Nutrition info
Servings Per Recipe: 4 | Amount Per Serving 2 kabobs. | Calories: 205 | Total Fat: 3 g | Sodium: 65 mg | Total Carbs: 21 g | Dietary Fiber: 2 g | Protein: 24 g

Low Fat, Low Sodium Black Bean Soup

Ingredients
2.5 cups black beans (cooked)
2 medium carrots, peeled and chopped
1 cup diced onion
1 (15 ounce) can diced tomatoes
0.5 cup diced green pepper
3 cups low sodium chicken broth
5 garlic cloves, minced
2 bay leaves
1 tablespoon ground cumin
1/4 teaspoon cayenne pepper
1 tablespoon lime juice
1 tablespoon extra virgin olive oil
1/2 teaspoon Mrs. Dash table blend seasoning

Directions
Heat oil in stock pot over medium heat. Add vegetables and sauté for 5 minutes, stirring occasionally. Add seasoning and stir to combine. Continue to sauté until the vegetables are tender. Add the remaining ingredients, stir and cover. Continue to cook for 10 minutes. Reduce heat to low and simmer for 30 minutes. Adapted from: Food.com

Nutrition info
Servings Per Recipe: 12 | Amount Per Serving 1 (58g) | Calories: 101 | Total Fat: 3.2 g | Sodium: 107 mg | Total Carbs: 14.6 g | Dietary Fiber: 3.8 g | Protein: 4.1 g
recipes to try (cont’d)

Banana Oat Muffins

Ingredients
2 large ripe bananas (mashed)
2 cups oat flour
1/2 cup low fat or fat free milk
2 teaspoons baking powder
1/2 cup fat free plain Greek yogurt
1 teaspoon baking soda
1 tablespoon molasses
1/4 cup brown sugar
1/2 teaspoon vanilla extract
1 teaspoon cinnamon
1/2 cup rolled oats

Directions
Preheat over to 365 degrees F. Lightly grease muffin tin with cooking spray and set aside. In a bowl, combine mashed bananas, milk, yogurt, molasses and vanilla extract. In another bowl, whisk together the oats, oat flour, baking powder, baking soda, brown sugar, salt and cinnamon. Pour the wet ingredients into the dry and fold together until combined. Pour batter into muffin tin 3/4 the way full. Bake 15-20 minutes or until toothpick comes out clean. Yield: 12 servings

Nutrition info
Amount per serving: 1 muffin | Calories: 125 | Total Fat: 1g | Sodium: 200mg | Total Carbs: 25 | Dietary Fiber 3g | Protein 4g
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## what's on your plate?

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<th>Food</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk &amp; Dairy</th>
<th>Meats, Fish &amp; Poultry</th>
<th>Nuts, Seeds, Legumes</th>
<th>Oils ( &amp; Fish Oils)</th>
<th>Sweets &amp; Added Sugar</th>
<th>Sodium (mg)</th>
<th>Amount (Serving Size)</th>
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<td>2 tsp</td>
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Compare yours w/ the DASH eating plan at 2000 calories a day.
## what’s on your plate?

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<td>2 slices 2 tsp</td>
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Compare yours w/ the DASH eating plan at 2000 calories a day

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<td>Day’s Totals</td>
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# high blood pressure action plan

This action plan was designed to help you manage your high blood pressure. It is important that you REVIEW THIS ACTION PLAN WITH YOUR DOCTOR and call if you are in the “yellow” or “red” zone.

## THINGS YOU MUST DO EVERY DAY:
Review your action plan daily and pay attention to your symptoms | Take your medication, as directed, EVEN IF YOU FEEL GOOD | Follow your diet and be active as directed by your doctor

<table>
<thead>
<tr>
<th>Zone</th>
<th>Symptoms</th>
<th>Actions You Should Take</th>
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</table>
| **Green Zone = Good to Go** | You are good to go if:                                                  | › Keep your doctor's appointments  
› Continue taking your medications.  
› Continue monitoring your blood pressure if your doctor has asked you to do so  
› Maintain a healthy weight  
› Avoid foods high in salt  
› Avoid smoking/using nicotine products |
|                       | › Your medications are controlling your blood pressure  
› Your target blood pressure is: _______/_________ |                                                                                       |
| **Yellow Zone = Proceed with Caution** | Proceed with Caution if you have ANY of these symptoms:  
› Repeated blood pressure readings outside your normal range.  
› Headaches  
› Nose Bleeds  
› Ringing in Ears  
› Light Headed or Dizzy  
› Heart/Chest Palpitations | Your symptoms may indicate that you need an adjustment in your medications.  
› You should stop strenuous activity  
› Call your primary doctor as soon as possible  
Primary Doctor: ___________________  
Phone Number: ___________________ |
| **Red Zone = Alert**   | You're experiencing a medical alert if you have any of the following:  
› Sudden numbness or weakness of the face, arm or leg, especially on one side of the body  
› Sudden confusion, trouble speaking or understanding  
› Sudden trouble seeing in one or both eyes  
› Sudden trouble walking due to dizziness; loss of balance or coordination  
› Sudden, severe headache | You need to be evaluated AS SOON AS POSSIBLE.  
In an emergency, CALL 911 |
resources for you & your family

Your Health Insurance Company
Many health plans offer HTN support at no cost to their members. Call the customer service number (frequently found on the back of your insurance card and ask for the disease management or case management department).

American Heart Association
www.heart.org | Go to “conditions” page for “Hypertension” resources | 1-800-AHA-USA-1

Stress Management
www.helpguide.org

Health Care.gov
www.healthcare.gov | 1-800-318-2596

CDC Division of Heart Disease and Prevention
www.cdc.gov/dhdsp/

New York State Smokers Quitline
1-866-NY-QUITS (1-866-697-8487)

Helpful Websites Associated w/ Quitlines
www.nysmokefree.com
www.smokefree.gov

For more heart healthy recipes take a look at these websites
www.eatingwell.com/recipes
www.cookinglight.com
www.favehealthyrecipes.com

APPS for Your Mobile Device
Blood Pressure Companion Free | Blood Pressure-Smart Blood Pressure | BP Tracker Lite | Heartwise Blood Pressure Tracker | Heath Tracker PRO
this information was brought to you on behalf of your doctor and