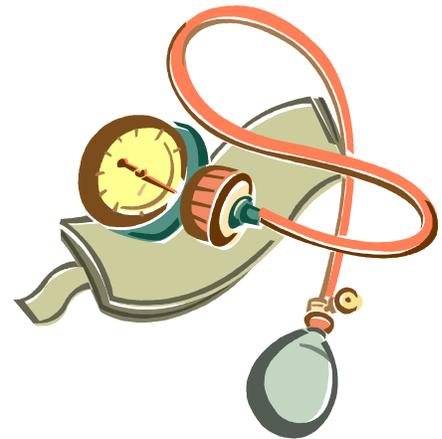


Ways You Can Prevent or Lower High Blood Pressure

- Lose weight if overweight
 - Even losing 10 pounds will help
- Become more physically active
 - Try to walk at least 30 minutes each day
- Eat more grains, fruits, vegetables and low-fat dairy foods
 - Limit red meat, fat and sweets
- Choose and prepare foods with less salt and sodium
- Eat plenty of high-potassium foods like fruits, vegetables, dairy foods and fish
- Drink alcoholic beverages in moderation if you drink
- Quit smoking



Tips for Reducing Sodium In Your Diet

- Buy fresh, frozen or canned with “no salt added” vegetables
- Use fresh poultry, fish, and lean meat rather than canned and processed types
- Use herbs and spices instead of salt in cooking and at the table
- Choose convenience foods that have less than 800 mg sodium per meal or less than 400 mg sodium per side dish
- Use less frozen dinners, pizza, canned soups, and salad dressings that are usually high in sodium
- Eat out less often, especially fast-foods



Foods High in Potassium

Potassium helps to prevent and control blood pressure. Be sure to include enough potassium in the foods you eat

Bananas

Raisins

Lima beans

Oranges

Potatoes

Winter squash

Melons

Spinach

Milk

Prunes

Tomatoes

Yogurt

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