

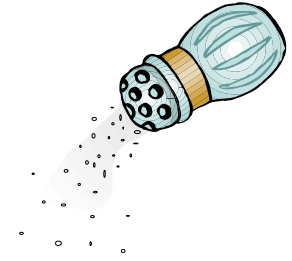
## Ways You Can Prevent or Lower High Blood Pressure

- 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



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## 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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