EATING HEALTHY FOR HIGH BLOOD PRESSURE

The CDC recommends that people at increased risk for complications from COVID-19, like people with chronic conditions such as high blood pressure, take extra steps to protect their health. Here are some eating tips that may help your blood pressure. *Always consult a doctor or dietitian before starting a new diet plan*

1   EAT YOUR FRUITS & VEGGIES

- **Eat fresh, frozen or canned fruits & veggies**.
- Fruits and vegetables are high in potassium, magnesium, and fiber, which help lower your blood pressure. They are also low in salt, which is good for your heart.

2   WATCH THE SALT

- **Keeping your salt intake low can protect your heart.** Choose canned vegetables that contain **"low sodium," "reduced sodium,"** or **"no salt added"** on the label. Drain and rinse canned veggies to cut down on the salt even more.
- **Steer clear of frozen vegetables with added seasoning or sauces**. These products often contain a lot of extra salt.
- Ditch the salt shaker and **stock up on dried herbs and spices** to add flavor to meals.
- Compare products and **choose ones that have lower amounts of salt (sodium) or added sugar** on the Nutrition Facts label. Many shelf-stable foods are high in added sugar and salt (sodium).

3   CHOOSE WHOLE GRAINS

- **Choose whole grains more often.** Stock up on dried whole grains, such as quinoa, brown rice, oatmeal and whole wheat pasta. Slice and freeze whole grain bread to keep it longer.

4   CHOOSE LEAN PROTEINS

- **Stock up on lean proteins**, such as canned light tuna, salmon or white meat chicken (salt-free), packed in water. You can also freeze lean meat, poultry or fish.
- Healthy non-meat proteins include tofu, beans (canned or dried), and nuts.
- Choose canned beans that contain **"low-sodium," "reduced-sodium,"** or **"no-salt-added"** on the label. Drain and rinse the beans to cut down on the salt even more.

Some foods may be difficult to find and some foods may be too expensive. But do the best you can with what you can get.

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