

Blood Pressure

Blood pressure is the amount of pressure exerted on the inside of blood vessels. It is measured in two numbers:

Systolic (top number): Pressure when the heart contracts or beats

Diastolic (bottom number): Pressure when the heart relaxes between beats

According to the American Heart Association, normal blood pressure is less than 120/80, with a goal of less than 130/80. Talk with your doctor to find your personal goal. Maintaining healthy blood pressure can protect against:

- Heart attack
- Stroke
- Kidney damage
- Peripheral artery disease
- Aneurysm
- Heart failure
- Eye damage
- Sexual dysfunction

You can help control your blood pressure by:

- Eating less sodium
- Maintaining a healthy weight
- Exercising regularly
- Drinking less alcohol
- Managing stress
- Taking your medications as prescribed



Sodium

Sodium is a mineral that has many important jobs in the body. It controls blood pressure, sends nerve signals, and maintains a proper balance of water. The amount of sodium you need depends on your medical history. A healthy adult should limit sodium to no more than 2,300 milligrams per day. Individuals with heart failure are advised to limit sodium to 2,000 milligrams per day. If you have high blood pressure it is recommended to limit sodium to 1,500 milligrams per day. Sources of sodium include:

- Canned foods and soup
- Ketchup, mustard, barbeque sauce, and salad dressing
- Bacon, sausage, hot dogs, and deli meat
- Garlic salt, onion salt, and celery salt
- Salted snacks like chips, nuts, and crackers
- Restaurant meals and fast-food meals

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Use the tips below to help you limit sodium in your diet:

- Eat less salt – at the dining table and when cooking
- Read Nutrition Facts labels and choose foods with the least amount of sodium
- Shop for foods with “Low Sodium” or “No Salt Added” on the label
- Buy plain foods such as fresh fruits and vegetables, unmarinated meats and fish, and dried beans and grains
- Season food with herbs, spices, pepper, vinegar, lemon, and lime
- Limit foods that are pickled, cured, smoked, or marinated
- Cook more meals at home