

Managing High Blood Pressure

Most of the salt people eat comes from processed & restaurant foods. Try to avoid these.

Start by cutting the amount of salt you put on your meals in half. Work up to no salt.

Do not add any salt when cooking.

Salt (called sodium) raises your blood pressure. Take heart! You can still eat tasty foods.

Green Light Foods



- ⇒ Fresh fish, fresh lean meat, and fresh poultry
- ⇒ Fresh or frozen vegetables
- ⇒ Low-sodium canned veggies (but try not to eat these often)
- ⇒ Herbs, spices, lemon, lime, or vinegar instead of salt
- ⇒ Flavorful, no-salt spices at the grocery store (like lemon pepper)
- ⇒ Low-sodium barbeque sauce, mustard, and ketchup (but only in small portions)
- ⇒ Low-sodium breakfast cereals, non-microwavable popcorn, and pretzels (in small portions)

Red Light Foods



- ⇒ Soda, including diet soda
- ⇒ Frozen dinners and packaged dinners
- ⇒ Instant or flavored rice or pasta kits
- ⇒ Canned soup or canned broth
- ⇒ “Cured” foods like bacon or ham
- ⇒ Canned, smoked, or processed meats (like hot dogs or lunch meat)
- ⇒ Foods packed in brine like pickles, pickled vegetables, and olives
- ⇒ Soy sauce and teriyaki sauce (even low-sodium brands)

Limit your salt to 1500 mg a day.