

SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

NUTRITION FOR LIFE

A nutritious, balanced diet rich in fruits, vegetables, whole grains, lean proteins, and low-sodium foods is essential for managing blood pressure, as it supports heart health, reduces strain on blood vessels, and helps maintain a healthy weight.



Follow the DASH Eating Plan to ensure heart-healthy food intake. The DASH (Dietary Approaches to Stop Hypertension) eating plan is a heart-healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. The eating plan emphasizes nutrient-rich foods like fruits, vegetables, whole grains, lean proteins, and low-fat dairy while limiting sodium, saturated fats, and added sugars. It provides balanced nutrition that supports cardiovascular health and helps manage or prevent hypertension. To learn more, go to <https://www.nhlbi.nih.gov/health/dash-eating-plan>.

DASH Eating Plan

EAT THIS

- Vegetables (low-sodium) and fruits (no added sugar)
- Whole grains, beans, nuts, and seeds
- Fat-free or low-fat dairy and water
- Olive oil, canola oil, and other vegetable-based oils

LIMIT THIS

- Fatty meats, candy, sweets, and cakes
- Full-fat dairy and sugar-sweetened beverages
- Sodium/salt intake