

Eating Plan for High Blood Pressure

Salt (sodium) intake can increase blood pressure. The goal is eating less than 2300 mg of sodium salt (1 teaspoonful) a day.

Follow the tips below to reduce salt and sodium in your diet.

Tips to reduce salt and sodium in diet

- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Choose fresh or frozen (low-sodium or no-salt-added) vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce).
 - Limit even lower sodium versions of soy sauce and teriyaki sauce. Treat these condiments sparingly as you do table salt.
- Cook rice, pasta, and hot cereals without salt.
 - Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna and canned beans, with water to remove some of the sodium.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
 - Start by cutting salt in half.



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Eating Plan for HBP
Readability Assessment

Readability tools used:
Fry-based Grade Level
Flesch-Kincaid Grade Level
SMOG Grade Level

ORIGINAL Grade Level Range: 6th-9th (Mean 7.5)