

Eating Plan for High Blood Pressure

Blood pressure measures how hard your heart works to pump blood through your blood vessels. Eating salt (sodium) can raise your blood pressure and make the heart work harder. The goal is to eat less than 1 teaspoonful of salt (2300 mg) a day.

These tips can help you reduce the amount of salt you eat:



Buy fresh, raw, or frozen veggies.



Buy fresh poultry, fish, and lean meat.
Avoid canned poultry, fish, and meat.



Replace salt with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.



Limit food items with added salt like bacon and ham.



Limit foods packed in brine like pickles, pickled veggies, olives, and condiments.



Check food labels to pick foods that are low in salt/sodium.



Eat fewer frozen dinners, canned soups, broths, and salad dressings.



Rinse canned foods with water to remove some of the sodium.



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Readability Assessment

Readability tools used:

Fry-based Grade Level

Flesch-Kincaid Grade Level

SMOG Grade Level

PLAIN LANGUAGE Grade Level Range 3rd-6th (Mean 4.7)