

HYPERTENSION/ HIGH BLOOD PRESSURE



SUMMARY:

High blood pressure increases your risk for heart attack and stroke. Additionally, people with HIV have a higher risk of heart disease compared to people without HIV, so eating a heart healthy diet is important. Making changes to your dietary habits, like how much salt you eat, can help lower your blood pressure. Try to limit your sodium intake to less than 2,300 mg daily (*unless your doctor prescribes a lower daily goal*). You can find out how much salt is in a food by reading the food label. (*see info on back side too*).

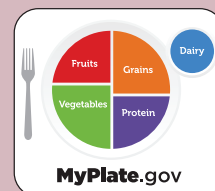
Be cautious when you eat away from home as restaurant foods can be very high in sodium. Grocery store items like processed and prepackaged foods tend to be high in sodium because they are already seasoned in the processing factory. Many seasonings and condiments have a high salt content (like most seasoning blends, lemon pepper and BBQ sauce).

Try to limit unhealthy fats like saturated and trans fats to help reduce the buildup of plaque in your arteries. Include heart-healthy fats in your diet like Omega-3 fatty acids and polyunsaturated and monounsaturated fats.

Try to reach and maintain a healthy weight. (*Speak to your doctor about what a healthy weight is for you*). Increase your daily physical activity to at least 150 minutes of moderate- to vigorous-intensity aerobic activity per week.

EXAMPLES OF FOODS HIGH IN SODIUM ARE:

- Processed foods and prepackaged food such as *frozen meals*, *canned vegetables (unless they are low sodium)*, *canned soups*, and many seasonings have a high salt content.
- Processed meats *like bacon, pepperoni, hot dogs and deli meat*



TRY THESE INSTEAD:

- Fresh vegetables
- Whole grains and nuts (unsalted)
- Fresh lean chicken, turkey and fish
- Low fat/non-fat dairy

HEALTHY SNACK IDEAS!

- Greek yogurt and walnuts
- One apple with peanut butter

Use the QR code to the right to learn more about Saturated Fats. Or visit www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats#:~:text=AHA%20Recommendation,of%20saturated%20fat%20per%20day



(continued on back side)

HYPERTENSION

GUIDELINES TO CONSIDER WHEN LIVING WITH HIV:

- Aim for 2300 mg or less of salt per day (1 teaspoon of salt has ~2300 mg).
- Try to find foods labeled “Low-sodium”, “low salt”, “salt free” or “sodium free”
- Low sodium foods have 140 mg or less per serving.
- Be cautious of “reduced sodium” as this means the product has only been reduced and this does not always result in a low sodium product (ie: a “reduced sodium” canned soup may still be very high in sodium).
- Check the nutrition label to see how much sodium is in one serving. If you are eating more than one serving you will need to double the sodium listed.
- Be cautious when you eat away from home as restaurant foods can be very high in sodium. Check if the restaurant has nutrition facts for their menu.
- Watch out for seasonings with added salt like **lemon pepper, seasoning salt, taco seasoning, ranch seasoning, garlic and onion salt.**
- Add flavors to food without adding salt. You can season foods with herbs and seasonings like: *black pepper, lemon or lime juice, vinegar, onion powder, garlic powder, etc.* You can even add things like *tomatoes, mushrooms, applesauce, ginger, and pineapple* to help flavor foods.
- Try to limit unhealthy fats like saturated and trans fats to help reduce the buildup of plaque in your arteries.
- Try to eat foods high in omega 3 fatty acids. Examples include *salmon, tuna, mackerel, trout, herring, sardines, anchovies and oysters.* Plant based sources include *flaxseed (oil or ground), pumpkin seeds, chia seeds, walnuts, soybean oil and canola oil.*
- Avoid deep-fried fish and other meats to limit calories.
- Eat more fresh foods.
- Avoid using the saltshaker at the table.

Nutrition Facts

4 servings per container
Serving size 1 cup (180g)

Amount per serving
Calories 245

	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*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.

BE SURE TO READ FOOD LABELS!

- Check the **Serving size**. This label above is for a 1-cup serving.
- This container has 4 servings. If you eat the whole package, you are eating 4 times the amount of calories, carbs, fat, etc., shown on the label.

Choose foods with more fiber, vitamins, and minerals.

You can learn more about food labels by visiting these QR codes below.



www.diabetes.org



www.cdc.gov

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<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats#:~:text=AHA%20Recommendation,of%20saturated%20fat%20per%20day>

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