6 Tips to Lower Blood Pressure With Food As Much as Medicine! (By 11 mm Hg points!)¹

**Hypertension** is high blood pressure. Too much pressure in your blood vessels can increase the risk of **heart disease**, **stroke**, and **kidney problems**. The DASH diet (Dietary Approaches to Stop Hypertension) and studies referenced below provide important tips on how your diet can help you lower your blood pressure.

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**Eat vegetables & fruits**

Eat at least 5 servings of vegetables and fresh fruit per day.²

One serving = 1 cup raw or = 1/2 cup cooked

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**Limit red meat**

Limit your intake of red meat (beef, pork, lamb) and processed meats to one serving a week.³

One serving = 3.5oz = a deck of cards

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**Lower your sodium intake**

Lower your sodium intake to 2400mg per day (less than 2 teaspoons of salt) or, for even more health benefits, to 1500mg per day.⁴

1500mg of sodium = = 1 teaspoon salt

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**Eat unsaturated fats & plant-based protein**

Eat unsaturated fats like extra virgin olive oil, avocados, and nuts.⁵ Instead of processed carbs, eat lean meats like chicken, turkey, and fish. Eat protein from legumes like beans and lentils.

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**SoY SAUCE LABEL**

**Nutrition Facts**

- **Serving Size**: 1 tbsp (15mL)
- *Serving Per Container about 126*
- **Amount Per Serving**
  - **Calories**: 15
  - **Total Fat**: 0g (0%)
  - **Sodium**: 690mg (41%)
  - **Total Carbohydrate**: 1g (0%)

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**Reduce sugar**

Drink water instead of sugar-sweetened beverages.³

Try flavoring your water with fruit, cucumber, limes, lemons, and mint instead of sugar.

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**Consider the Mediterranean diet**

Though it is somewhat different from the above dietary tips, the Mediterranean diet is also a delicious and effective way to lower your blood pressure.⁶ *See the Mediterranean Diet handout.*

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References:

² DASH diet - NEJM 1997; 336:1117
³ BMJ 2014;349:g6499
⁴ NEJM 2010; 362:2101
⁶ OmniHeart trial - JAMA 2005;294(19)
⁸ Predimed Trial – BMC Medicine 2013; 11:207

Author: W. Kohatsu, MD
Contributors: S. Chen, MD; S. Karpowicz, MD
Copy editor: M. Hayes
Designed by: E. Jimenez