

# Tips that Count

Wellness information for your journey to a healthier you!

## Eat Your Way to Lower Blood Pressure

**Decrease your salt intake.** 75 percent of the sodium we consume each day is “hidden”—added to prepared foods by the manufacturers. Foods with the highest sodium content are processed meats (hot dogs, sausages and cured ham), canned and dehydrated soups, most cheeses, frozen prepared foods, and sauces and condiments. Read food labels and look for reduced-sodium versions.

**Add more fruits, vegetables, and low-fat dairy products.** Eat one additional fruit or vegetable with every meal. Shrink the size of your daily meat intake to six ounces, and designate at least two dinners a week as meat-free.

**Flavor with herbs.** Rather than using table salt, season meals with herbs and spices, lemon and lime juice, vinegar, or salt-free seasoning blends.

**Limit alcohol.** For women, drink no more than one 12-ounce beer, one 5-ounce glass of wine, or one 1.5-ounce shot of spirits per day. Men can double these amounts. Anything more elevates blood pressure.

**Understand nutrition labels.** Packaged foods labeled “reduced sodium” must contain 25 percent less sodium than the regular versions of the same foods—but beware—that could still be a lot of salt.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.