

Healthy Eating for Managing Your Blood Pressure

Healthy eating can help lower your blood pressure. A diet based on plant foods has been shown to lower blood pressure.

The main approaches to eat well are:

1. Eat plenty of unprocessed food:

- Fresh fruit and vegetables with a variety of colours
- Fresh lean meat, poultry (skinless), fish, seafood, eggs
- Wholemeal, wholegrain bread and cereals
- Low fat dairy products
- Legumes, dried beans and lentils
- Unsalted nuts and seeds



2. Eat moderate amount of:

- Healthy fats, e.g. olive oil

3. To limit:

- Salt (sodium chloride) and salty food
- Alcohol
- Ultra-processed foods that have nutrients removed during processing and may contain too much salt and/or additives e.g. potato crisps, cakes, soft drinks

- These recommendations are based on the latest scientific studies (DASH diet and Mediterranean Diet) and the Australian dietary guidelines.
- Your needs depend on age, gender, how active you are, weight, body shape and medical conditions.
- **DO NOT** use this guide if you need to control high blood potassium and/or have kidney problems. **Check with your doctor**

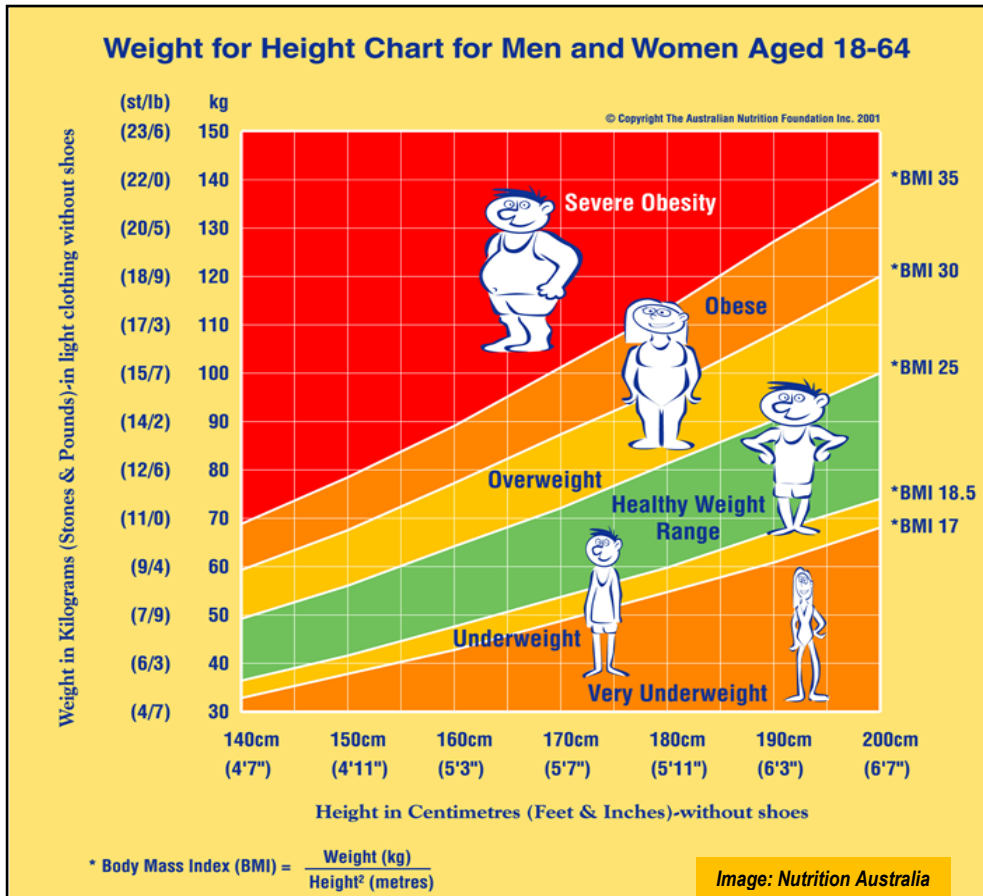
Exercise can keep you fit and lower blood pressure. Stay active and do at least 30 minutes exercise on most days of the week e.g. walking.

Weight in healthy weight range

Aim for healthy weight range

Your height is: _____, your healthy weight range is: _____

Lose weight if you are overweight; 5kg of weight loss can lower blood pressure by 5-6 mmHg. Body mass index (BMI) and healthy weight range:



Population	BMI (kg/m ²)		
	Caucasian		Asian
	≤65 years	≥65 years	
Underweight	<18.5	<23.0	<18.5
Within healthy range	18.5-24.9	23-30.9	18.5-22.9
Overweight	25-29.9	>31	23-26.9
Obesity	≥30		≥27

Waist circumference:

Aim for a healthy level, your circumference is: _____ cm

	Caucasian	Asian
Male	Increased risk ≥94cm Greatly increased risk ≥102cm	Increased risk ≥90cm
Female	Increased risk ≥80cm Greatly increased risk ≥88cm	Increased risk ≥80cm



Salt (Sodium Chloride) and blood pressure

Eating too much salt can increase blood pressure. If you are on blood pressure lowering tablets, still reduce your salt intake as it makes the tablets less effective.

If you have any other medical conditions, such as diabetes, you are more likely to be salt-sensitive. Lowering your salt intake could help reduce your blood pressure.

Some tips for reducing your salt intake are:

- ✓ Avoid adding salt to cooking or at the table
- ✓ Use salt-containing sauces and condiments in small amounts
- ✓ Choose fresh, unprocessed foods; and avoid salty, processed, takeaway, pre-packaged and convenience foods.
- ✓ To flavour your food, use herbs and spices instead of salt for extra flavour. Try garlic, ginger, fresh or dried herbs, spices, pepper, chilli, lemon or lime juice, honey, vinegars (e.g. balsamic, red wine, malt), olive oil or infused oils (e.g. garlic infused oil), wine for cooking.
- ✓ Read food labels and look for options that labelled as “no salt” or “no added salt”. Products labelled as ‘salt reduced’ may still be high in salt.



Label reading





It is important to know how to read food labels. This is the only way to know how much salt is in a food.







	Average quantity per serve (40g)	Average quantity per 100 g
Energy	390 kJ	977 kJ
Protein	3.9 g	9.7 g
Fat, total	1.2 g	3.1 g
- saturated	0.2 g	0.5 g
Carbohydrate	15.0 g	37.0 g
- sugars	1.2 g	3.1 g
Dietary Fibre	3.4 g	8.5 g
Sodium	155 mg	390 mg







Always compare products by looking at the per 100g column





Look for foods that contain **less than 400mg per 100g**

Foods that contain more than this should only be used in small amounts or only occasionally.



<p style="text-align: center;">Healthy choice </p>	<p style="text-align: center;">Limit </p>
<p>Breads, grains and cereals</p> <p>Include 5 serves or more</p> <p>1 serve = 1 slice of bread = 1 bowl of cereal = ½ cup cooked rice, pasta</p>	
 <p><u>Breads and wraps</u> Choose high fibre, wholegrain varieties</p> <ul style="list-style-type: none"> • Wholemeal, wholegrain bread and wraps • Fibre enriched white, and seeded wholegrain • Wholemeal muffin, pita bread, bagel • Soy and linseed, • Pumpnickel bread <p><u>Cereals</u> Choose high fibre cereals that are low in sugar. Healthier cereals include bran, whole grains, nuts and small amounts of dried fruit: e.g. sultana bran, muesli, wheat bran, oat bran Just right, All Bran</p> <p>Rolled oats, Weet-bix, Vita-brits, Wholegrain flakes, Guardian</p> <p><u>Crackers or crispbreads</u> Choose low salt savoury biscuits and crackers e.g. “No Added Salt” Ryvita</p> <p><u>Grains (preferably brown or wholemeal varieties)</u></p> <ul style="list-style-type: none"> • Rice • Noodles, pasta , macaroni, spaghetti • Quinoa • Chia seeds • Rice bran • Semolina • Couscous • Pearl barley • Buckwheat 	 <p><u>Breads and wraps</u></p> <ul style="list-style-type: none"> • White bread and wraps <p><u>Cereals</u> Cereals that are low in fibre, high in salt and/or high in sugar with e.g. Cornflakes, Rice bubbles, Coco Pops, Fruit Loops</p> <p><u>Biscuits and crackers</u> Plain sweet biscuits e.g. Milk Coffee, Milk Arrowroot Salty biscuits and crackers, e.g. BBQ shapes</p> <p><u>Grains</u> Instant rice, noodles and pasta with seasoning, e.g. 2 minute noodles</p>



<p style="text-align: center;">Healthy choice </p>	<p style="text-align: center;">Limit </p>
<p>Fruit</p> <div style="display: flex; justify-content: space-between;">  <div style="text-align: center;"> <p>Include 3-4 serves of fruit per day</p> <p>1 serve = 1 medium fruit = ½ cup fresh, frozen or canned fruit = ¼ cup dried fruit = 180ml fruit juice</p> </div>  </div>	
<p>All fruit Fresh, frozen or dried Choose many different colours Try to include fruit with more potassium and fibre, e.g. Avocado, apricot, banana, black currants, dates, grapes, Kiwi fruits, orange, mango, melons, peaches, plum, pomegranate, pineapple, prunes, raisins, strawberries, sultana,</p>	<p>Sugar added fruit juices</p>
<p>Vegetables</p> <div style="display: flex; justify-content: space-between;">  <div style="text-align: center;"> <p>Include 5 serves of vegetables</p> <p>1 serve = ½ cooked vegetables = 1 cup raw or leafy vegetables = 180ml vegetables juice (no added salt)</p> </div>  </div>	
<p>All vegetables and salad Fresh, frozen or dried Choose many different colours Try to include vegetables with more potassium and fibre e.g. Artichoke, asparagus, Brussel sprouts cabbage, carrots, cassava, cauliflower, celery, Chinese broccoli, Chinese cabbage, eggplant, leek, mushrooms, parsley, parsnip, potato, pumpkin, snowpeas, spinach, swede, sweet potato, taro, tomato, turnip, zucchini watercress <u>Juices (no added salt)</u> Tomato juice (no added salt) Vegetable juice (no added salt)</p>	<p>Canned vegetables, pickled vegetables, Salted olives Instant mashed potato. Salted tomato juice Salted vegetable juice</p>

Healthy choice 	Limit 
<p align="center">Meat , Fish, Chicken, Eggs and other protein foods</p> <p align="center">2-3 serves per day</p> <p align="center">1 serve = 65g lean red meat (cooked) = 80g poultry (cooked) = 100g fish (cooked) = 2 eggs = 30g nuts/seeds = 1 cup legumes, lentil, dried bean (cooked)</p>	
 <ul style="list-style-type: none"> • Fish, especially oily fish e.g. salmon, tuna • Fish (canned, no added salt) • Chicken, poultry (no skin) • Nuts and seeds, walnuts, almond, sunflower seeds 4-5 times per week. • Beans, lentils, peas • Meat, lamb, pork (lean), 2-3 times per week • Shellfish and prawn • Eggs • Lentils, legumes and dried beans, e.g. baked beans (no added salt) • Tofu, Quorn, Tempeh • Nut/seed paste e.g. peanut butter, almond butter, tahini (no added salt) 	 <ul style="list-style-type: none"> • Commercially prepared or pre-cooked foods e.g. package meals, convenient meals, meat pies, sausages roll, pizzas • Processed meat, luncheon meat, e.g. bacon, ham, corned beef, Devon, sausages, salami, sliced turkey • Smoked fish, smoked meat • Canned fish in brine, flavored tinned fish, salted or pickled fish, anchovies
<p align="center">Milk and Dairy Products</p> <p align="center">2-3 serves per day</p> <p align="center">1 serve = 1 cup (250ml) of milk = 40 g cheese = 200g (tub) yoghurt</p>	
 <p>Use low fat or fat reduced products</p> <ul style="list-style-type: none"> • Milk • Milk alternatives (soy, almond, oat, rice) • Yoghurt, natural or fruit • Custard, Ice cream • Cheese e.g. Cheddar, Cottage, Ricotta, Cream cheese (no more than one serve per day) 	 <ul style="list-style-type: none"> • More than one serve of cheese per day • High salt cheese, e.g. feta cheese, goat cheese, blue vein, parmesan

Healthy choice 	Limit 
Fats and oils 1-2 tablespoon per day  	
<p>Margarine or oil: Choose low salt or salted reduced varieties</p> <p><u>Monounsaturates, e.g.:</u></p> <ul style="list-style-type: none"> • Olive • Canola • Avocado (fresh, spread) <p><u>Polyunsaturates e.g.:</u></p> <ul style="list-style-type: none"> • Corn • Maize • Safflower • Sunflower 	<ul style="list-style-type: none"> • Saturated fats e.g. butter, lard, shortening, cophera, dripping, cream, sour cream, palm oil, vegetable fry, mixed vegetables oil with palm oil • Pre -prepared salad dressing

Other Foods

Healthy choice 	Limit 
Spreads	
<ul style="list-style-type: none"> • Jam, honey marmalade • No added salt peanut butter 	<ul style="list-style-type: none"> • Fish and meat pastes • Cheese spreads • Flavored dips
Drinks	
<ul style="list-style-type: none"> • Tea and coffee • Water • Soda water • Cordials and soft drinks <p>Alcohol: No more than one standard drinks per day or as advised by your doctor</p>	<ul style="list-style-type: none"> • Tomato and vegetable juice (salted, commercial varieties) • Mineral water • Sport drinks

Healthy choice 	Limit 
Condiments	
<ul style="list-style-type: none"> • Herbs and Spices: pepper, curry powder, garlic, ginger, chilli, vinegar (all types) • Mayonnaise, mustards, pickles (use in small amounts due to high salt content) • Vegemite, reduced salt (1 teaspoon/day) 	<ul style="list-style-type: none"> • Salt, sea salt, rock salt, garlic salt, vegetable salt, seasoned salt etc. • Salted/Seasoned Herbs and Spices • Prepackaged gravies, commercial sauces, • packet or canned soup • Meat extracts e.g. Bonox, Bovril • Yeast extracts (e.g. Promite, Marmite,) • Meat tenderiser • Stock cubes • MSG (Monosodium glutamate) • Soy Sauce or fish sauce • Pickles, chutneys, relishes • Worcestershire Sauce
Miscellaneous	
<ul style="list-style-type: none"> • Sugar, boiled sweets (small amount) • Unsalted potato crisp, corn chips, pretzels, • unsalted popcorn • Jelly, gelatin 	<ul style="list-style-type: none"> • Liquorice • Salty snacks e.g. salted potato crisp, corn chips, pretzels, prawn crackers, Twisties, Cheezels • Salted crackers, pretzels & popcorn • Salted Popcorn

Useful information from the Department of Health, Australian Government:

Healthy Eating:

- Healthy eating for Adults, Eat for health and well-being, Department of Health, Australian Government. <https://www.eatforhealth.gov.au/eating-well>

Exercise:

- Australia's Physical Activity & Sedentary Behaviour Guidelines for Adults (18-64 years) <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-publhlth-strateg-phys-act-guidelines#npa1864>
- Choose Health: Be Active: A physical activity guide for older Australians. (65 years and older) <https://www1.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health>