






How to Manage Hypertension Through Lifestyle Modification

<p>Maintain a healthy diet and weight</p>	<p>Losing 22 lbs can lower systolic blood pressure by 5-20 mm Hg Losing 11 lbs can lower systolic blood pressure by ~ 4 mm Hg</p>
<p>DASH Diet (DASH = Diet Approaches to Stop Hypertension)</p> <p>**Clinically shown to lower blood pressure</p> 	<p>DASH diet suggestion: **Recommendation is based on 1600-2000 calories per day</p> <p>Sodium: < 1500 mg/day, ¾ teaspoon of table salt</p> <p>Grains: 6-8 servings/day Vegetable: 3-5 servings/day Fruits: 4-5 servings/day Dairy: 2-3 servings/day Lean meat, poultry, and fish: 3-6 servings/day Nuts, seeds, and beans: 3-5 servings/week Fats and oil: 2-3 servings/day</p>  
<p>Physical activity</p> 	<p>Center for Disease Control and Prevention recommends: 75 minutes of vigorous exercise (ex. swimming) + 2 days of strength training (ex. weight lifting) per week OR 150 minutes of moderate exercise (ex. brisk walking) + 2 days of strength training (ex. band resistance) per week</p>
<p>Limiting sodium</p>	<p>Limit sodium to less than 2,300 mg per day, less than 1 teaspoon of table salt</p>
<p>Moderate alcohol consumption</p> 	<p>If you are not a drinker, it is advised to not drink alcohol to reduce blood pressure; if you are a drinker, drink moderately: Women: no more than 12 oz of beer, 5 oz of wine or 1.5 oz of liquor per day Men: no more than 24 oz of beer, 10 oz of wine or 3 oz of liquor per day</p>

Ask your doctor to refer you to a dietitian if you want to learn more about controlling cholesterol through lifestyle modification.



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