

WHAT YOU EAT

affects
your
**blood
pressure...**



To prevent or control high blood pressure
Here's what to do:

- Eat a healthy (DASH type) diet
- Be active every day
- Strive for or maintain a healthy body weight
- Reduce your sodium (salt) intake
- Drink alcohol in moderation
- Take your medication as directed
- Quit smoking

Dare to compare!
(Sodium content in mg)

Commercial chicken broth (250 ml)	800 mg and +
Homemade chicken broth (250 ml)	60 mg
Packaged/canned rice pilaf (125 ml)	860 mg
Converted rice, cooked without salt (125 ml)	0
Commercial Alfredo pasta sauce (250 ml)	1 645 mg
Pasta with homemade tomato sauce (250 ml)	120 mg
Restaurant fries, medium size	640 mg
Baked potato	0
Seasoned chicken wings (12)	2 560 mg
Unseasonned Chicken breast (100 g)	50 mg
Lean ham (100 g)	1 200 mg
Pork tenderloin (100g)	65 mg
Table or sea salt (1 teaspoon)	2 300 mg
Salt-free herbal seasoning	0

What is the DASH type diet?

A research team recently showed that a diet rich in vegetables and fruit, including low-fat dairy products, whole grains, legumes, small servings of lean meat and very few sweets, could lower blood pressure.

Adding a salt restriction to this model can make it even more effective.

Am I eating right?

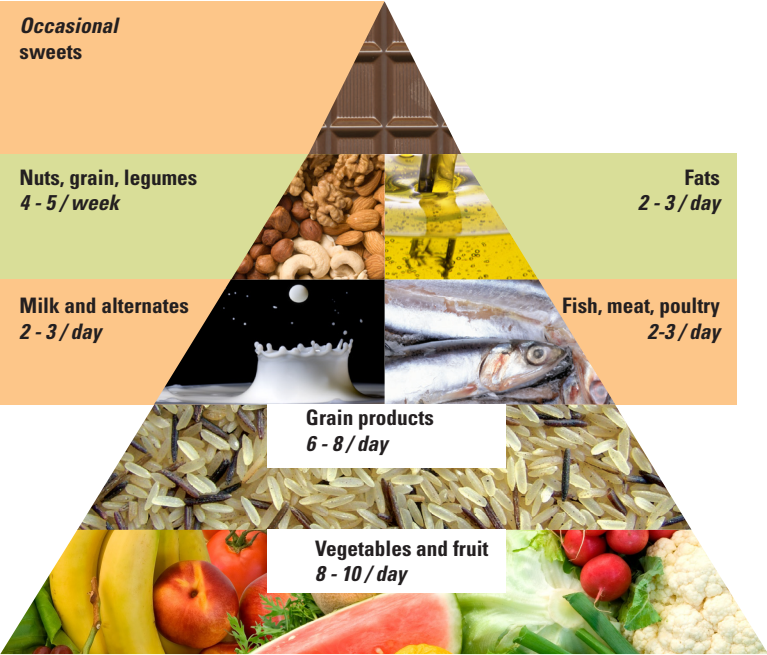
- Do you eat the recommended number of servings of vegetables and fruit?
- Do you understand food product labeling?
- Do you know what foods you should have in your shopping cart?
- How often do you eat in restaurants?
- Is there a difference between sea salt and table salt?
- What is the DASH diet?
- Can I eat flax seed instead of fish?
- What is the best way to manage your weight?

A lot of questions can come up when you're interested in improving your diet.

What about salt?

- Reducing your sodium intake can help lower your blood pressure.
- Sodium is everywhere in our diet - it's not just in the salt we shake onto our food. Most of what we eat comes from an excessive amount of sodium added by the food industry in processed food.
- Limit your sodium intake to **2 000 mg or less** per day (less than a tea spoon), including the salt from prepared foods .
- Read the labels and ingredient list. Check the nutrition facts on food packaging carefully to see how much sodium there is in each serving.

The DASH diet



► GUIDE OF PORTIONS

Vegetables and fruit = 125 ml fresh or frozen vegetables, 1 cup lettuce or other leafy greens, 1 medium fruit, 125 ml fresh, frozen or canned fruit, 125 ml juice
Grain products = 30 g cereal, 1 slice of bread, ½ pita or English muffin, 125 ml pasta, rice, barley...
Milk and alternates = 250 ml milk, 175 g low fat yogurt, 50 g low fat cheese
Fish, meat, poultry = 100 g fish, skinless chicken, lean trimmed meat, 1 egg
Nuts, grain, legume = 125 ml legumes, 85 ml almonds, walnuts or unsalted peanuts
Fats = 5 ml nonhydrogenated margarine, 5 ml olive, canola oil...
15 ml homemade vinaigrette
Sweets = Jam, maple syrup, chocolate, cookies, cake, candy...

The number of servings add up to a **daily intake of 2 000 calories**.
Adjust the servings to suit your own energy requirements.

Try to choose **foods that are low in sodium**.

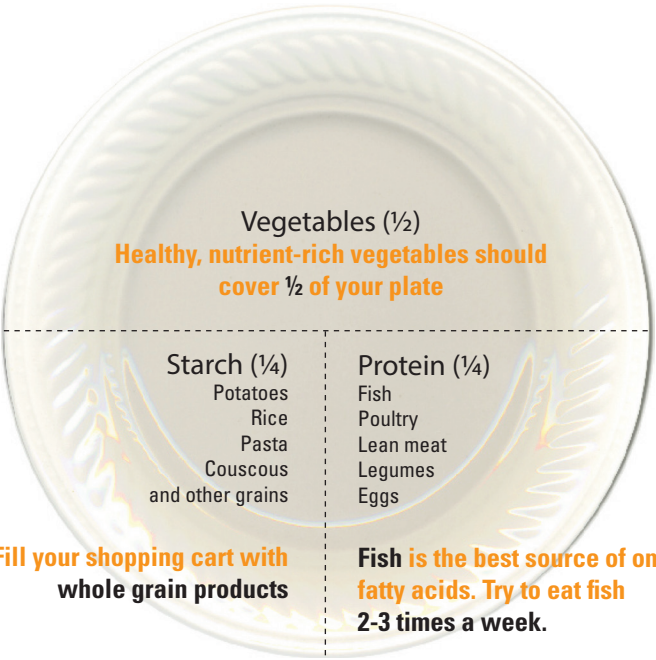
It's important to check the nutrition facts on the package, always given for a definite serving, not always the one you eat.

TODAY'S SPECIAL
Restaurant servings are often oversized and their content is beyond our control. Try to eat out less often.

What's on your plate?

It's easy to follow the DASH diet, which integrates all of the recommendations found in Eating Well with Canada's Food Guide. How? Try to balance your plate at every meal, as shown below.

- Healthy weight management starts by eating 3 meals a day. Prepare your own healthy meals inspired by this well balanced plate.
- The DASH diet menu, just like The Canadian Food Guide, plan is high in antioxidants, fibre, calcium, magnesium and potassium, but low in saturated and trans fats.



Do you want to learn more about how to control your blood pressure?

Other leaflets available :



An initiative of members of the Société québécoise d'hypertension artérielle
www.hypertension.qc.ca