



Avance Care[®]

Your Healthcare *Simplified.*[™]

3 Tips to Lower Blood Pressure

1. Limit sodium to 1,500-2,000 mg per day.

Avoid adding salt to foods; season foods with herbs, spices, garlic or pepper. Limit eating out, as restaurant foods are loaded with hidden sodium. Read food labels of boxed, canned, bottled, and packaged foods; aim for foods with ≤ 140 mg sodium per serving. Choose no-salt added canned foods, and drain and rinse canned foods before consuming.

2. Increase whole grains, fruits and vegetables, and low-fat milk products.

Whole grains such as whole wheat bread, brown rice, and oats, beans and lentils, fruits and vegetables, and low-fat milk products are full of minerals including potassium, magnesium, and calcium, which can help lower blood pressure. The fiber in whole grains, beans, fruits and vegetables also helps lower blood pressure.

3. Exercise regularly.

The American Heart Association recommends 40 minutes of moderate to vigorous activity such as brisk walking or jogging at least 3-4 times per week for blood pressure management.

Working with a registered dietitian for at least 1-3 months can reduce systolic blood pressure by 10 mmHg and diastolic blood pressure by 6 mmHg. For more tips and to receive an individualized meal plan to better assist with blood pressure, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.

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