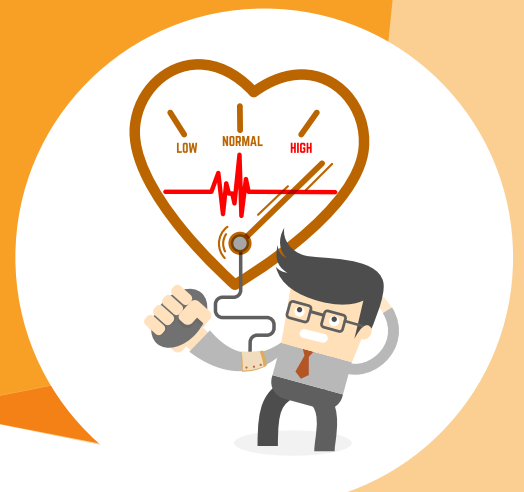


KEEP YOUR HIGH BLOOD PRESSURE UNDER CONTROL



What is Hypertension?

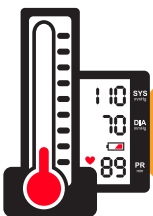
High blood pressure or hypertension is a condition when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.



What is the range of Hypertension

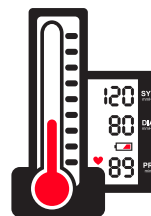


Hypertension is diagnosed when Blood Pressure is persistently above a 140mm and/or 90 mm Hg.



Normal
Less than 130/80 mmHg

Recheck your blood pressure in 2 years



High-Normal BP
130-139/ 80-89 mmHg

Recheck your blood pressure in 1 year, or sooner if there are associated risk factors or diseases



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Common signs and symptoms of Hypertension

Some people may not have any sign or symptoms of Hypertension. Therefore, every one above 30 years of age should get their blood pressure checked regularly.



Dizziness



Vision Problems



Severe Headache

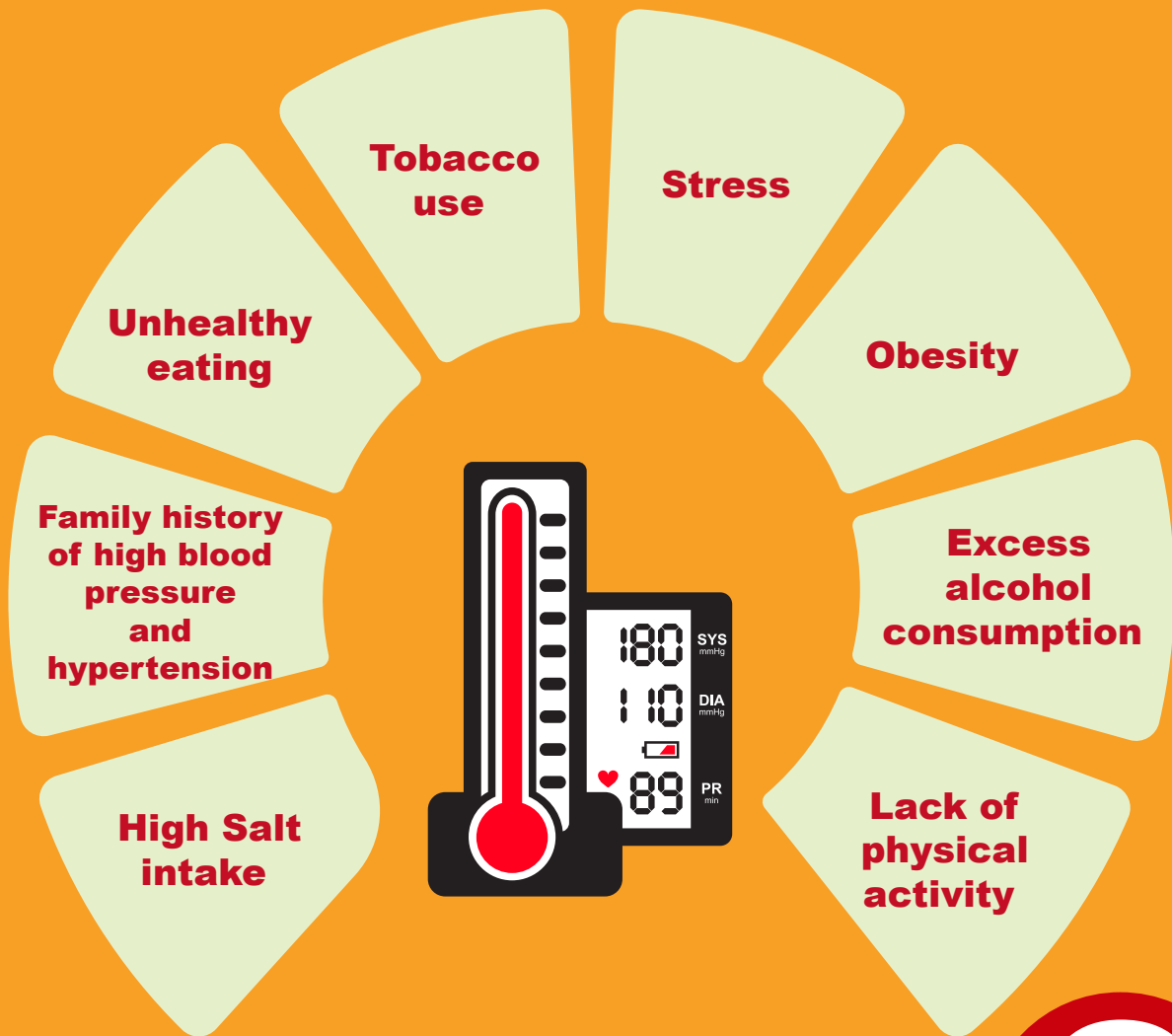


Chest Pain



Difficulty Breathing

Risk factors for Hypertension



What happens if you have high blood pressure persistently



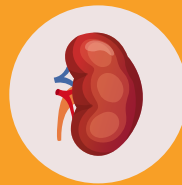
Vision Loss



Stroke



Angina



Kidney Disease



Cardio Vascular Disease



Sexual Dysfunction

How to manage High Blood Pressure?



Eat a well-balanced diet low in sodium



Exercise for at least 30 minutes daily



Keep a check on your Blood pressure



Manage stress



Quit smoking



Limit your alcohol intake



Consult a medical doctor regularly

Dietary recommendations

Follow a balanced diet low in sodium to keep your blood pressure under control

✓ Do's

- Drink at least 8-10 glasses of water daily.
- Follow small frequent meals to maintain your weight.
- Follow a regular exercise regime.
- Make your plate colorful by including a variety of fruits and vegetables daily in your diet.
- Include whole grains such as wheat, dalia, oats, bajra, ragi instead of refined grains like maida and its products.
- Include fresh fruits in your diet. Have at least 2-3 servings of fruits daily.
- Include fresh green vegetables in every meal.
- Choose lean meat like chicken, fish, duck, egg whites over mutton, pork etc. Use fresh meat instead of processed ones.
- Choose toned or double toned milk over full cream milk.
- Select unsalted nuts or seeds.
- Pay attention to food labels, before buying foods. Foods with 140 mg or less sodium per serving are considered low in sodium.

✗ Dont's

- Processed packaged foods like instant foods like soups, biscuits, rusks, namkeens, chips etc. as it contains sodium as a preservative.
- Saturated fats like butter, heavy creams, cheese, mayonnaise and deep fried foods.
- Canned fruits or vegetables.
- Avoid achar, papad, pickles, sauces, ketchups as they are high in salt.
- Aerated drinks and fruit juices.
- Avoid too much of breads and bakery products.
- Do not sprinkle salt over your fruits, salads, curd etc.
- Use spices, herbs or squeeze a lemon as a dressing in your salads instead of salt.

SAMPLE DIET PLAN (1800 Kcal)

Early Morning

A glass of Water + Overnight soaked 4 Almonds + 1 Walnut (optional) Or A glass of Water + Overnight soaked Methi seeds

Morning Tea

1 cup Tea + Roasted Chana

Breakfast

2 Roti / ¼ Plate Rice / ¼ Plate Poha (add vegetables) + 1 bowl Dal/ Sprouts/ 2 Egg whites/ a glass of Milk(250ml)

Mid-Morning

1 Fruit (100grams)+ Lemon Water

Lunch

Salad + 1 bowl of green Vegetable + ¼ Plate Rice/ 2 Roti + 1 bowl Dal/ Chicken/ Duck (100gm)/ Curd (100gm)

Evening Snack

Tea + Roasted Chana/ Murmura (add cucumber, tomato etc.) / Boiled Chana (30gm)/ Sprouts (30 grams) Or Fruit (100 grams)

Dinner

Salad + 1 bowl of green Vegetable + ¼ Plate Rice/ 2 Roti + 1 bowl Dal/ Chicken/ Duck (100gm)/ Curd (100gm)

Late Night

A glass of toned Milk (250ml)

*This is a sample Diet Plan. Please contact your health care provider before proceeding.

1 medium glass= 250ml
1 cup=150ml
1 bowl dal= 30gm
1 bowl vegetable=100gm



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