

NUTRITION PRESCRIPTION for HIGH BLOOD PRESSURE

YOUR BP: _____

TARGET BP: _____

Ways to Lower Blood Pressure	Expected Benefit
Eat 30 g (4 tablespoons) of ground flaxseed every day ¹	↓systolic BP by 15 mmHg ↓diastolic BP by 7 mmHg
Decrease dietary sodium intakes to <1500 mg per day, ² you can assess your current intake at: projectbiglife.ca	↓systolic BP by 7 mmHg
Eat a plant-based diet that is comprised largely of vegetables and legumes, as well as fruits, seeds and nuts, while excluding all animal products (meat, eggs, dairy products) and all processed foods ³	↓systolic BP by 16 mmHg ↓diastolic BP by 9 mmHg
Eat the DASH diet which limits sodium to <2300 mg of sodium daily and is comprised of grains (6 to 8 servings/day), vegetables (4 to 5 servings), fruits (4-5 servings/day), fat-free/low-fat dairy products (2-3 servings/day), lean meats/poultry/fish (2 servings/day), nuts, seeds and legumes (4-5 servings/week), fats and oils (2-3 servings/ day), sweets and added sugars (<5 servings/week) ^{4,5}	↓systolic BP by 7 mmHg ↓diastolic BP by 3 mmHg
Exercise of all varieties lowers blood pressure, the more the better, aim for at least 150 minutes per week ⁶	↓systolic BP by 5 mmHg ↓diastolic BP by 3 mmHg

Foods/Nutrients to Avoid:

1. Salt
2. Alcohol
3. Processed Foods (packaged foods, prepared foods, ready-to-eat frozen meals etc.)
4. Fast-Food/Restaurant Foods

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