

HEALTHY EATING AND BLOOD PRESSURE



Blood Pressure UK

Helping you to lower your
blood pressure

About this booklet

This is one of a series of booklets produced by Blood Pressure UK, to help people with high blood pressure take practical steps to manage their condition. The booklets in the series are:

- 1 Introducing high blood pressure**
- 2 Healthy eating and blood pressure**
- 3 Healthy lifestyle and blood pressure**
- 4 Getting the most from blood pressure medicines**
- 5 Measuring your blood pressure at home**

Blood Pressure UK is a registered charity and we rely on donations to help us carry out our work. We would be grateful for any donation that you can make towards the cost of producing this booklet. Contact us by telephone **(020) 7882 6255** or visit our website: **www.bloodpressureuk.org**

High blood pressure is the **biggest** known cause of disability and premature death in the UK through stroke, heart attack and heart disease. **One in three adults** in the UK **has high blood pressure** and every day 350 people have a preventable stroke or heart attack caused by the condition.

Healthy eating and blood pressure

What you eat and drink can have a real effect on the health of your heart and blood vessels. A healthy diet will help to keep them in good shape, reducing your risk of future health problems.

What you eat and drink can also directly affect your blood pressure.

In general, the healthier your diet is, the lower your blood pressure will be. To help keep your blood pressure down, it is important to keep to a healthy diet. If you have high blood pressure, it is even more important to look closely at your diet. If you make healthy changes to what you eat and drink, this can help to lower your blood pressure. If you take medicines for your blood pressure, a healthy diet can help these to work better, and can reduce the amount of medicines you need. For a few people, changing to a healthy lifestyle will help them to avoid medicines altogether.

To help lower your blood pressure you should try to:

- ♥ Eat six grams or less of salt a day
- ♥ Eat at least five portions of fruit and vegetables a day
- ♥ Drink no more than 14 units of alcohol a week
- ♥ Avoid foods that contain a lot of saturated fat and sugars



If you are African Caribbean you are at higher risk of stroke.

Traditional African Caribbean dishes can be high in salt and this community are more sensitive to the effects of salt compared with other ethnic groups. Doctors do not fully understand why but as a result African Caribbean people gain more benefit from lowering the amount of salt in their diet.

Salt

Salt makes your body hold on to water. If you eat too much salt, the extra water stored in your body will raise your blood pressure.



An adult should eat no more than six grams of salt a day, but most of us eat almost twice that amount. Most of the salt we eat is not what we add to cooking or at the table. Around 75% of the salt we eat is in prepared foods like bread, breakfast cereals, sauces and ready meals.

📖 Read the labels

Check food labels to see how much salt the food contains. Labels should tell you the amount of salt per portion and per 100g.

Sometimes labels will tell you the sodium content and not the salt content. Sodium is one of the chemicals in salt, and one gram of sodium is equal to two-and-a-half grams of salt.

If the label does not say how much salt the food contains, look at the ingredients list. The closer to the top of the list salt is, the more salt the food is likely to contain.

Traffic light labels help you see at a glance whether the food you are buying is high or low in salt.

Amount of salt per 100g

0.3g or less



Try to choose these foods.

**between
0.3g and 1.5g**



These foods have medium levels of salt, they are okay but aim for green.

more than 1.5g



Eat these foods occasionally and in small amounts.

10 ways to eat less salt

- 1 Don't add salt when cooking. This includes things like soy sauce, curry powders and stock cubes (check the ingredients list for added salt).
- 2 Get extra flavour with herbs and spices, and from seasonings like chilli, ginger, lemon or lime juice.
- 3 Table sauces like ketchup, mustard and pickles and gravy granules can contain a lot of salt. Check the label and choose low-salt options.
- 4 Bread and breakfast cereals can contain a lot of salt. Check the labels to compare brands.
- 5 Smoked and processed meats and fish contain a lot of salt. Avoid these if you can.
- 6 Swap salty snacks such as salted popcorn, crisps and salted nuts for unsalted varieties.
- 7 If you are eating out, ask if your meal can be made with less salt. This may not be possible, but it is always worth asking.
- 8 If you really want a salty flavour, use a small amount of low-sodium salt substitute. If you have kidney problems or diabetes, check with your doctor or nurse first as these substitutes can be high in potassium.
- 9 Look out for low-salt recipes. There are a number of low-salt cookbooks available, or you can search for recipes on the internet.
- 10 At first, food without salt can taste bland, but don't give up. After a few weeks your taste buds will adjust and you will start to enjoy food with less salt.

Don't be too concerned about the exact amount of salt you eat. Six grams a day is the recommended maximum, and the less you eat the better.



Fruit and vegetables

Fruit and vegetables are full of vitamins, minerals and fibre to keep your body in good condition. They also contain potassium, which can help to balance out the negative effects of salt. This has a direct effect on your blood pressure, helping to keep it down.



Eat at least five portions a day

Adults should eat at least five different portions of fruit and vegetables per day. A portion is 80 grams, or roughly the size of your fist. The following amounts represent a portion.

- A dessert bowl of salad
- Three heaped tablespoons of vegetables
- Three heaped tablespoons of chickpeas, lentils and beans.
- One medium-sized fruit (apple, orange, pear, banana)
- Two smaller fruits (plums, apricots, satsumas)
- One slice of a large fruit (melon, pineapple, mango)
- Two to three tablespoons of berries or grapes
- A small glass (150ml) of fruit or vegetable juice or smoothie
- One tablespoon of dried fruit

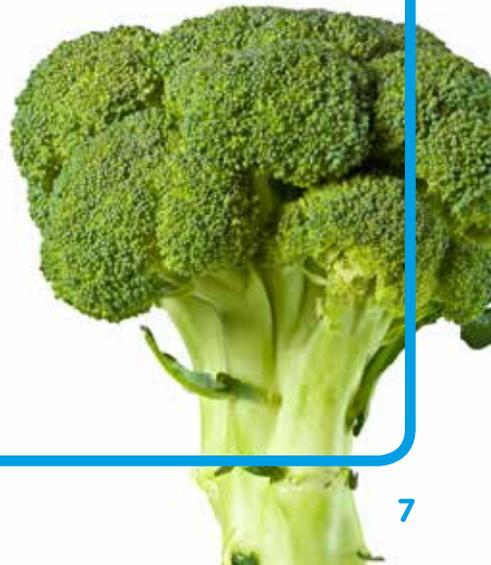
Not everything counts

Potatoes, yams, cassava and plantain are all vegetables, but they do not count towards your five a day as they are too starchy. However, you should still include them as part of a healthy diet.

Pulses, smoothies, fruit juice and vegetable juice all count towards your five a day. However they only count as one portion no matter how much you eat or drink.

10 ways to get the best from fruit and vegetables

- 1 Don't buy fruit and vegetable dishes that come with sauces. They often contain a lot of fat, salt and sugar.
- 2 Dried, frozen and tinned products can be just as good as fresh, but watch out for added salt, sugar or fats.
- 3 Vary the types of fruit and vegetables you eat. Each has different health benefits and it will keep your meals interesting.
- 4 Don't add sugar to fruit or salt to vegetables when you cook or serve them.
- 5 Vegetables keep more of their vitamins and minerals if you lightly steam or bake them, instead of boiling or frying them.
- 6 If you boil vegetables, use as little water as possible to help keep the vitamins and minerals in them.
- 7 Experiment with other ways of cooking vegetables, such as roasting or grilling them, for new tastes and flavours but remember not to add too much oil or butter.
- 8 Stir-fries are great for getting lots of vegetables into one meal and so are freshly-made soups. Watch out for ready made sauces, soy sauce and stocks which can contain a lot of salt.
- 9 Always include one or two portions of fruit or veg at each meal. At breakfast add a chopped banana or some berries to your cereal. At lunch and dinner add a side salad or grate/chop extra veg into a pasta sauce.
- 10 Replace sweet snacks, such as chocolate or biscuits, with fruit or raw vegetables with a dip such as houmous or salsa.



Alcohol

If you drink too much alcohol, this will raise your blood pressure over time. Alcohol also contains a lot of calories which can cause you to gain weight. This will also increase your blood pressure.



The current guidelines recommend no more than 14 units a week for BOTH men and women. 14 units is roughly 6 pints of beer or 6 medium glasses of wine or 14 single measures of spirits.

How many units are in what you drink?

Single measure of spirits (25ml)	1 unit
Pint of lower strength beer, ale, cider or lager (4% ABV)	2.3 units
Pint of higher strength beer, ale, cider or lager (5% ABV)	2.8 units
Bottle or can (330ml) of beer, ale, cider or lager (4%)	1.3 units
Standard 175ml glass of red or white wine (12% ABV)	2.1 units
Large 250ml glass of red or white white (12% ABV)	3 units

Drinking less alcohol

Even if you do not drink too much, you can benefit from drinking less alcohol. Here are some tips to help you have a good night out (or in) without having to worry about your blood pressure.

- 1 Try low-alcohol options – there are now a number of lower-strength beers on the market.
- 2 Check the label – many drinks labels now tell you how many units they contain.
- 3 Make your drinks last longer by adding mixers or water.
- 4 Don't eat bar snacks like crisps and peanuts – the added salt will make you want to drink more, and will also raise your blood pressure.
- 5 If you drink at home, buy a measure so that you know how much you are drinking.
- 6 Keep a track of what you're drinking. 14 units is much less than you would think.

Fats and Sugars

A diet low in saturated fats and added sugars can help you keep to a healthy weight, which in turn will help keep your blood pressure down.

A diet that is low in saturated fat can also help you keep down the level of cholesterol in your blood. Too much cholesterol can raise your risk of heart disease and stroke, so if you have high blood pressure it is very important to keep your cholesterol levels low.

Types of fat

Avoid all hydrogenated and trans fat and limit your intake of saturated fats. Saturated fats are found in red meat, cheese, butter, ghee, palm oil and coconut oil.

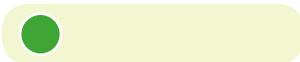
Polyunsaturated fats and monounsaturated fats can be found in olive oil, rapeseed oil or sunflower oil. Unlike saturated fat, these fats will not raise your cholesterol levels. However they will still cause you to gain weight if you eat too much. For roasting and frying use rapeseed oil, also sometimes known as canola, as it is more stable than olive oil at high temperatures.

Types of sugar

Try to avoid 'free' sugars. Free sugars are sugars that are added to foods and drinks and those found naturally in fruit juice, honey, nectars and syrups. We consume too much free sugar, which often provides empty calories and can lead to weight gain. Try to avoid sugary drinks altogether.

Free sugars are not sugars found naturally in whole fruit and vegetables and milk products. These sugars are not harmful in the same way and the foods they are in provide numerous nutritional benefits.

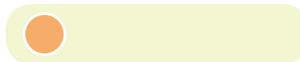
Amount of fat and sugars per 100g



<3g total fat
<1.5g saturated fat

<5g sugar

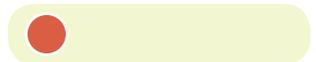
These foods are a good choice, eat plenty of these.



3-20g total fat
1.5-5g saturated fat

5-15g sugar

These are okay choices but aim for green traffic lights



>20g total fat
>5g saturated fat

>15g sugar

Eat these foods occasionally and in small amounts

Making healthy eating part of your life

It is one thing to know that a healthy diet will help your blood pressure. It is another thing to be able to make all the changes you need, and to stick with them. Here are some tips from other people with high blood pressure which may help you.

- 🕒 **'Learn more about your food. Check the labels and make more meals from scratch so you know what you're eating.'**
- 🕒 **'Don't think about 'giving things up' but about trying new things instead. Experiment with new flavours and try new things.'**
- 🕒 **'Get the family involved. Nothing is worse than being surrounded by people who are eating the things you can't have.'**
- 🕒 **'Plan ahead for meals and snacks. Make sure you have healthy food nearby to stop you reaching for salty or fatty foods.'**
- 🕒 **'Be sensible, and don't try to do everything at once. Take small steps and build on them as you go along.'**

If you want to lower your blood pressure through a healthy diet, it is really important to stick to the changes in this booklet. In a few weeks you will get used to the new tastes and flavours, and you will also see the difference it makes to your blood pressure.

Nadine 's story

'I know I'm eating better now'

Nadine was diagnosed with high blood pressure following the birth of her youngest child. She says the diagnosis changed her life, in particular her diet.

'My doctor recommended I try a no-salt diet, which was very hard at first but gradually my taste buds adjusted. In general, I have had to learn to be much more aware of what I am eating.

It took a while to get used to, and at the start, shopping would take twice as long because I had to check the labels on everything I bought. I also had to learn to add different things to bring out the flavour in my food.

My family helps to keep me on the right track, and my daughters are always there to remind me what I should and shouldn't eat! It has been hard changing my diet, but I know I'm eating better now, and it's encouraged me to try new foods and recipes.'



This booklet has been written to help you lower your blood pressure by eating more healthily. A healthy diet can have a real effect on your blood pressure. This booklet gives practical tips on how to make healthy changes, including how to:

- ♥ **Eat less salt**
- ♥ **Eat more fruit and vegetables**
- ♥ **Drink less alcohol**
- ♥ **Avoid saturated fats and sugars**

The booklet has been written with help from people who have high blood pressure, and from professionals who are experts in the field. It has been designed to give you the information you need to make the right choices for you.

For more information, go to www.bloodpressureuk.org.

About Blood Pressure UK

We are the UK's leading blood pressure charity - lowering the nation's blood pressure to prevent stroke, heart attack and heart disease. High blood pressure can be successfully treated and prevented. We are here to help.

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