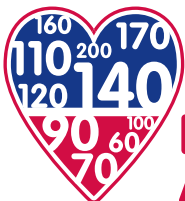


Healthy eating

The African Caribbean way

Helping you take control
of your blood pressure



**Blood Pressure
Association**

Know your numbers!®

Healthy eating - The African Caribbean way

Contents

- 1 Introduction
- 2 What is healthy eating?
- 3 Salt
- 5 Fruit and vegetables
- 7 Fats and cholesterol
- 10 Alcohol
- 10 Sugar

Introduction

If you are of African Caribbean descent, then this booklet is written for you.

People of African Caribbean descent are particularly at **high risk of having a stroke**.

High blood pressure increases your risk of having a stroke or a heart attack. You can help to reduce this risk, by eating a healthy diet.

This booklet gives you practical information and ideas about how to eat a healthy diet, which will help you to lower your blood pressure.

Traditional African Caribbean dishes can be high in salt, which raises your blood pressure.

People of African Caribbean descent are more sensitive to the effects of salt compared with other ethnic groups. Doctors do not fully understand the reasons for this. So this means that African Caribbean people get more benefit from lowering the amount of salt in their diet.

