

OUR TOP TIPS FOR HEALTHY BLOOD PRESSURE

THANK YOU FOR BEING PART OF MAY MEASUREMENT MONTH.

For more information visit
www.maymeasure.org

If you have concerns,
please seek advice from a
trained medical professional.



MAINTAIN A HEALTHY WEIGHT

Just doing this can help bring down high blood pressure.



EXERCISE REGULARLY

Aim for an average of 30 minutes a day. For the exercise to be worthwhile, you need to feel warmer, breathe harder, and your heart needs to beat faster than it normally does. Brisk walking will do!



EAT PLENTY OF FRUIT AND VEGETABLES EVERY DAY

Eat vegetables raw or lightly steamed, rather than boiled, to get maximum nutrition. Avoid frying where possible.



ADD NITRATE RICH FOODS TO YOUR DIET

Regular consumption of foods rich in nitrate such as beetroot (raw or roasted – not boiled), green leafy vegetables and apples, have been found to reduce your blood pressure.



CUT DOWN ON SALT

Reduce your intake of salt. If you add salt to your food or when cooking, switch to a 'lower sodium' alternative like potassium-enriched salt ("lo salt", "lite salt" or "heart salt"). Don't forget a lot of salt is hidden in processed foods and is very high in most breads, cereals, soups and sauces – so always check the label!



CUT DOWN ON FAT AND SUGAR

Eating a diet low in saturated fats that includes lots of fibre (like lentils, almonds, fruits and vegetables) lowers blood pressure. Be especially wary of hydrogenated or 'trans' fats, as well as sugars 'hidden' as other names such as sucrose, dextrose, fructose, and glucose. Avoid high calorie fizzy drinks.



STOP SMOKING TOBACCO

Your arteries clog up even faster if you smoke and this causes many other health problems. Your blood pressure actually rises while you smoke.



REDUCE YOUR CAFFEINE INTAKE

Remember caffeine is found in some fizzy 'energy' drinks as well as in coffee and tea.



AVOID ALCOHOL

Keep alcohol intake to a minimum. If using alcohol, stick to local daily recommendations – usually less than 2 drinks for men and 1 for women (1 drink = small beer or wine).



RELAX

Stress raises blood pressure. So, where possible, try to allow time for relaxation.

#TheBigSqueeze



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