



HYPERTENSION

(high blood pressure)

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

WHAT IS IT?

- *Blood pressure (BP)* is a measure of the blood against the artery walls as it moves through the body. It is created by two forces, which are measured by two numbers:
- *Systolic BP* (the top number in a BP reading) is the force of blood as the heart contracts.
- *Diastolic BP* (the bottom number in a BP reading) is the force of blood as the heart relaxes between contractions.
- Hypertension is blood pressure that is consistently above 130/80 or higher.

GENTLE NUTRITION SUGGESTIONS

follow as you are able to

- Consume a variety of foods each week including fruits, vegetables, whole grains, dairy products, poultry, fish, legumes, and nuts/seeds
- Pay attention to the effect salt has on your body and your blood pressure. Reducing dietary sodium may help lower blood pressure in some people, but not all
- Excessive alcohol consumption can contribute to elevated blood pressure. Limit intake to 1 drink per day for women and 2 per day for men

**If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

OTHER RECOMMENDATIONS

- Stress reduction can be helpful. Stress activates our sympathetic nervous system (fight or flight), which can increase blood pressure. Participate in activities that you enjoy, spend time in nature, practice deep breathing, spend time with family/friends/animals
- Movement and exercise are beneficial for the health of our blood vessels and can also help reduce stress. Choose physical activity that you enjoy and that makes you feel good



TOTAL HEALTH

Health is complex and is influenced by many factors.

Not all factors are within your control.

It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

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