



Lowering Your Blood Pressure and Cholesterol

Having low blood pressure and cholesterol is good for your heart! It helps keep your blood vessels strong and clear of build up called plaque. High blood pressure can weaken your blood vessels. High cholesterol can cause plaque to build up in your blood vessels; this makes your blood vessels more narrow and makes it harder for your heart to pump blood through them.

Use the tips below to lower your blood pressure and cholesterol:

Lower Your Blood Pressure

- Eat a diet low in sodium (salt).
 - Limit sodium to 150mg a day.
 - Check food labels and choose those with less than 300mg of sodium per serving.
 - Avoid adding salt to your food.
 - Avoid things with a lot of sodium like chips, deli or cured meats, pickled foods, and canned soups.
 - For more information on how to eat a diet low in sodium, visit **BeWiseUtah.org**.
- Choose foods that will give you more potassium, calcium, and magnesium in your diet (see reverse side for examples).
- Try to get at least 30 minutes of exercise most days of the week.

Lower Your Cholesterol

- Choose lean cuts of meat (sirloin, round steak, skinless poultry, or fish).
- Keep meat portions moderate (about three ounces, or the size of a deck of cards).
- Choose whole grains like 100% whole wheat bread and brown rice.
- Choose low-or non-fat dairy products.
- Avoid foods with saturated or trans fats.
- Limit added fat from margarine, salad dressings, and fried foods.
- Try to get at least 30 minutes of exercise most days of the week.

Don't forget to choose healthy foods. Foods with a lot of potassium, calcium, and magnesium can help lower your blood pressure.

Potassium

Bananas

Citrus fruits

Tomatoes

Pinto beans

Calcium

Dairy products

Fortified foods
(Foods with extra nutrients added)

Dried beans

Leafy green vegetables

Magnesium

Nuts

Seeds

Whole grains

Broccoli