

Salt, Sodium and Eating Your Way to Lower Blood Pressure

Why is this important to you? How would addressing this problem make you *feel*?

Sodium Facts

- Table salt *and* sea salt are almost all sodium chloride
- Hypertension Canada recommends 2000mg/day or less for adults
 - Other organizations recommend limits of 1500mg to 2300mg/day
- “Adequate intake” is 1500mg/day
- Food labels % is relative to 2400mg/day
 - Example: 50% = 1200mg/serving
- Average Canadian intake is about 3400mg/day

High Blood Pressure = Hypertension

- Low risk – 120/80 or lower
- Moderate risk – 121-139/80-89
- Elevated risk or high blood pressure – 140/90 or higher
 - 130/80 or higher with diabetes
- New, USA only, high blood pressure – 130/80 or higher for everyone

DASH Eating Plan—Number of Food Servings by Calorie Level

Food Group	1,200 Cal.	1,400 Cal.	1,600 Cal.	1,800 Cal.	2,000 Cal.	2,600 Cal.	3,100 Cal.
Grains^a	4-5	5-6	6	6	6-8	10-11	12-13
Vegetables	3-4	3-4	3-4	4-5	4-5	5-6	6
Fruits	3-4	4	4	4-5	4-5	5-6	6
Fat-free or low-fat dairy products^b	2-3	2-3	2-3	2-3	2-3	3	3-4
Lean meats, poultry, and fish	3 or less	3-4 or less	3-4 or less	6 or less	6 or less	6 or less	6-9
Nuts, seeds, and legumes	3 per week	3 per week	3-4 per week	4 per week	4-5 per week	1	1
Fats and oils^c	1	1	2	2-3	2-3	3	4
Sweets and added sugars	3 or less per week	3 or less per week	3 or less per week	5 or less per week	5 or less per week	≤2	≤2
Maximum sodium limit^d	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day

(Source: National Institutes of Health, National Heart, Lung, and Blood Institute)

DASH Eating Plan—Serving Sizes, Examples

Food Group	Serving Sizes	Examples and Notes
Grains^a	1 slice bread 1 oz dry cereal ^b ½ cup cooked rice, pasta, or cereal ^b	Whole-wheat bread and rolls, whole-wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn
Vegetables	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes
Fruits	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines
Fat-free or low-fat dairy products^c	1 cup milk or yogurt 1½ oz cheese	Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt
Lean meats, poultry, and fish	1 oz cooked meats, poultry, or fish 1 egg	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry
Nuts, seeds, and legumes	¼ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dried beans, peas)	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas
Fats and oils^d	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing
Sweets and added sugars	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin dessert 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

(Source: National Institutes of Health, National Heart, Lung, and Blood Institute)

Other Health Behaviours Linked to Blood Pressure

- Refrain From Smoking
- Be Physically Active
- Aim For Stress-Free Living
- Take Your Medication As Prescribed
- Maintain A Healthy Weight
- Healthcare Professional Appointment Tips
- Limit Alcohol Consumption

(Source: Hypertension Canada)

Let's Make a Plan

What is one Specific, Measurable, Attainable, Relevant, Time-Bound action you can take *this week*?

Is there anything that could make it difficult to accomplish your goal?

Can you think of ways to overcome these barriers? If not, you may need to modify your goal.

How can you make your action(s) rewarding?

Other Resources

- Hypertension Canada (hypertension.ca/en/public)
- AHS free Course: Cholesterol and Blood Pressure Essentials
 - Call (403) 9-HEALTH to book
- See a dietitian for individual counselling
 - Ask your doctor – you may be able to see one for free
 - Private: Dietitians of Canada Find a Dietitian tool (google it)

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