

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 2760/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 Daily Servings and examples:

(Note: Assuming one eats about 2000 calories.)

Vegetables: 4-5 servings

250 mL (1 cup) raw leafy vegetables

125 mL (½ cup) cooked vegetables

170 ml (6 oz) juice

Fruit: 4-5 servings

1 medium piece of fruit

63 mL (¼ cup) dried fruit

125 mL (½ cup) fresh, frozen or canned fruit

Grains (mainly whole grains): 7-8 servings

1 slice bread

250 mL (1 cup) ready to eat cereal

125 mL (½ cup) cooked rice, pasta or cereal

Low Fat or No-Fat Dairy Foods: 2-3 servings

250 mL (1 cup) milk

250 ml (1 cup) yogurt

50 g (1½ oz) cheese

Lean meats, poultry and fish: 2 servings or less

3 ounces cooked lean meats, skinless poultry, or fish

Nuts, seeds and dry beans: 4-5 servings *per week*

1/3 cup (1.5 oz.) nuts

30 mL (2 tbsp) peanut butter

2 tbsp (1/2 oz.) seeds

1/2 cup cooked dry beans or peas

Fats and oils: 2-3 servings

5 ml (1 tsp) soft margarine

15mL (1 tbsp) low-fat mayonnaise

30 mL (2 tbsp) light salad dressing

5 ml (1 tsp) vegetable oil

(Source: Heart and Stroke Foundation of Canada)

Other Health Behaviours Linked to Blood Pressure

- Refrain From Smoking
- Be Physically Active
- Aim For Stress-Free Living
- Take Your Medication As Prescribed
- 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: Heart Healthy Eating
 - 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)

Follow or Contact Me

- Blog: www.sweetspotnutrition.ca
- Email: cheryl@sweetspotnutrition.ca
- Twitter and Instagram: @SweetSpotRD
- Facebook: <https://www.facebook.com/SweetSpotNutrition/>