

What you can do to lower your blood pressure

Non-medication options can help reduce blood pressure (BP)



Eat healthy (DASH diet)

- Eat fresh fruits, vegetables, and whole grains.
- Reduce red meat consumption.
- For recipes and more on DASH: qrco.de/DASH_diet



Possible BP reduction



11 mm Hg



Exercise

- Aerobic activity is best, such as biking, walking, or swimming.
- Find an activity you enjoy.
- Build up to 90-150 minutes of activity per week.

Resources near me: _____



5-6 mm Hg



Reduce sodium

- Reduce sodium intake by 1,000 mg per day.
- Aim to consume < 2,300 mg of sodium per day.

Visit: www.cdc.gov/salt/reduce_sodium_tips.htm



5-6 mm Hg



Lose weight

- Aim for an ideal body weight.
- Increase physical activity.
- Eat a variety of fresh fruits and vegetables, whole grain carbohydrates, and low-fat proteins.



5 mm Hg
(about a 1 mm Hg drop for every 2 pounds lost)



Limit alcohol

- Limit the number of drinks per day:
 - **Male:** 2 or fewer drinks per day
 - **Female:** 1 or fewer drinks per day



4 mm Hg



Balanced information for better care

Copyright 2023 by Alosa Health. All rights reserved.



These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. This material is provided by Alosa Health, a nonprofit organization which accepts no funding from any pharmaceutical company. It was supported by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.

Nov 2023