



## Blood Pressure & Nutrition

Plant-based diets including vegetables, fruits, legumes, nuts, seeds, and grains are naturally low in sodium while also being high in potassium and fiber, which will support healthy BP levels.

### Increase Your Vegetables & Fruits

- Vegetables are low in calories, high in fiber, and contain the highest nutrient-per calorie bang for your buck. A serving of vegetables is 1 cup raw or 1/2 cup cooked. Aim for 6-8 servings per day.
- Fruit is a great source of vitamins, antioxidants, and phytochemicals – all of which make your body resilient and vibrant. A serving of fruit is 1/2 cup. Aim for 3-5 servings per day.

### Reduce Your Sodium Intake

All salt impacts your body the same way. It doesn't matter if it is table salt, a sports drink, tomato sauce, or sea salt. All salt is 2,300 mg sodium per teaspoon. Keep your salt intake under 1,500mg per day and check food labels for "hidden" sodium. Use herbs and spices to season your meals instead of salt.

### Reduce Your Caffeine Intake

- Try decaffeinated or herbal teas in place of coffee. Get more sleep & drink water to prevent drowsiness.

### Reduce Your Alcohol Intake

- Consume alcohol in moderation (if it is consumed at all)
- Moderation = up to 1 drink/day for women and up to 2 drinks/day for men.
- A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.