

# The Hypertensive Diet

## FOOD PANTRY TIP SHEET

**Hypertension or high blood pressure** is a medical condition in which blood pressure, the force of the blood flowing through blood vessels, is consistently too high. Those with high blood pressure are more likely to develop heart disease or to have a stroke.

Adults with hypertension are recommended to consume a heart-healthy diet rich in fruits, vegetables, whole grains, and low-fat dairy products, and low in sodium. Sodium is an essential mineral, but too much sodium in the bloodstream can put extra strain on the heart and blood vessels. The American Heart Association recommends no more than 2,300mg of sodium (less than one teaspoon) per day for most adults, especially those with high blood pressure.

The most common sources of sodium are found in processed, prepackaged, and restaurant foods. Breads and rolls, cold cuts and cured meats, pizza, soup, sandwiches, and poultry contribute the most sodium in a typical U.S. diet.



### Foods to Promote

- » Fresh fruits
- » Dried beans
- » Whole grains
- » Fresh produce
- » Low sodium canned fruits and vegetables
- » Canned tuna or chicken
- » Unsalted peanut butter and other nut or seed butters
- » Milk and unsweetened milk substitutes
- » Plain yogurt
- » Unsweetened applesauce
- » Low sodium pasta sauce
- » Unsalted nuts
- » Brown rice
- » Oatmeal
- » Canola and olive oil
- » Unsalted popcorn
- » 100% fruit juice

### Foods to Distribute Sparingly

- » Granola bars
- » Regular pasta sauce
- » White bread
- » White pasta
- » White rice
- » Canned beans
- » Canned fruits
- » Canned vegetables
- » Canned beef
- » Cheese
- » Dried fruits
- » Sweetened yogurt

### Foods to Avoid

- » Chocolate
- » Candy
- » Toaster pastries
- » Juice that is not 100% fruit juice
- » Pretzels
- » Salted nuts
- » Sweetened applesauce
- » Cookies
- » Butter