

Do you know your blood pressure?



What is the best food to eat to manage high blood pressure?



Limit the amount of sodium in the diet to 5g of salt (2000mg sodium) which is about a teaspoon.

You can find this information by reading the food labels on processed foods.



Increase the amount of potassium in the diet to 3500-5000mg/day.

Foods containing potassium include bananas, leafy vegetables, legumes, avocado and salmon.



Increase fibre intake to 25-29g/day or more.

Foods containing fibre include fruit, vegetables, legumes, grains, and cereals containing oats.



Limit alcohol to less than 1 drink daily for women and less than 2 drinks daily for men.