

8 TIPS

to Lower Your Blood Pressure

If you have high blood pressure, these are eight changes you can make to lower it.

- 1 Don't use tobacco products.
- 2 Maintain a healthy weight or a body-mass index below 25.
- 3 Participate in at least 30 minutes of moderate, physical activity most days.
- 4 Eat fewer than 2.3 grams (1 teaspoon) of sodium a day. Sodium is added to commercially processed or prepared foods and it is in table salt. Buy low-salt or salt-free commercially prepared foods and use little or no table salt.
- 5 Eat 2 cups of fruit and 2-1/2 cups of different colored vegetables a day.
- 6 Eat fewer foods from animals to avoid saturated fat.
- 7 Use only nonfat or low-fat dairy products.
- 8 Drink alcohol in moderation. This means no more than two beers, one glass of wine or one mixed drink daily.



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