


Hypertension



Healthy Columbus Nutrition Seminar
September, 2016 Ashley Harris, MS, RD, CSO

FRESH FOOD PERSPECTIVE

Outline

- + What is blood pressure?
- + What is hypertension?
- + Stages of hypertension
- + Nutrition for hypertension
 - + DASH Eating Plan
 - + Sodium Intake
 - + Alcohol Intake

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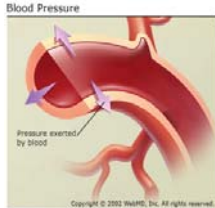
What is blood pressure?



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What is blood pressure?

- × Blood pressure is the measure of the force of blood pushing against arterial walls as the heart pumps blood
- × Blood pressure naturally rises and falls during the day



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What is blood pressure?

- × Health care providers measure blood pressure with a stethoscope or electronic device
- × The measurement is recorded with two numbers
 - × Both numbers are important
 - × Measured in millimeters of mercury (mmHg)



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What is blood pressure?

- × Systolic: The top number measures the blood pressure when the heart pumps
- × Diastolic: The bottom measures the blood pressure when the heart is at rest between pumps



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What is hypertension?



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What is hypertension?

- × Commonly called high blood pressure (HBP)
- × About 80 millions Americans have been diagnosed with HBP
- × HBP is a condition most people will experience at some time in their lives



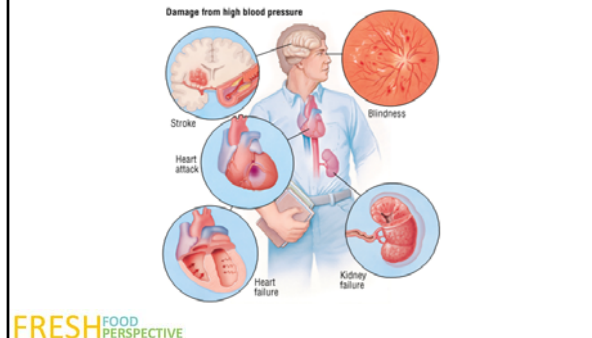
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What is hypertension?

- × People with HBP usually do not experience any symptoms
- × Often called the silent killer
- × Consequences of untreated HBP include:
 - × Heart and arterial damage (e.g. heart attack and congestive heart failure)
 - × First leading cause of death among Americans
 - × Stroke
 - × Third lead cause of death among Americans
 - × Kidney damage

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What is hypertension?



Stages of Hypertension



Stages of Hypertension

- × Blood pressure is divided into 5 stages
- × Normal
- × Prehypertension
- × Hypertension Stage 1
- × Hypertension Stage 2
- × Hypertensive Crisis



Stages of Hypertension

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

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American Heart Association

Nutrition for Hypertension



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Nutrition for Hypertension

- × Eating a heart-healthy diet is one of the main steps for managing HBP
- × Other important management steps include:
 - × Maintaining a healthy weight
 - × Keeping active with exercise
 - × Taking prescribed medicine
 - × Measuring blood pressure at home
 - × Regular appointments with your healthcare providers

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Nutrition for Hypertension

- × Strong research evidence suggests a DASH eating plan is effective in lowering blood pressure
 - × DASH stands for Dietary Approaches to Stop Hypertension
 - × A DASH eating plan is low in:
 - × saturated fats, total fat, and cholesterol
 - × A DASH eating plan is high in:
 - × fruits, vegetables, and low fat dairy foods
 - × A DASH diet also includes:
 - × whole grains, fish, poultry, and nuts

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Nutrition for Hypertension



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Nutrition for Hypertension

- × A DASH eating plan is high in fruits, vegetables, and low fat dairy because these foods provide high amounts of:
 - × Potassium
 - × Magnesium
 - × Calcium
 - × Fiber
- × These nutrients can help lower your blood pressure



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DASH Eating Plan

Food Group	Daily Servings	Serving Sizes
Grains*	4-8	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice
Fruits	4-5	1 medium fruit ½ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
Fat-free or low-fat milk and milk products	2-3	1 cup milk or yogurt 1½ oz cheese

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DASH Eating Plan Continued


Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry, or fish 1 egg‡
Nuts, seeds, and legumes	4-5 per week	½ cup or 1½ oz nuts 2 Tbsp ground butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and lentils)
Fats and oils§	2-3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing
Sweets and added sugars	5 or less per week	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.
† Serving sizes vary between ½ cup and 1½ cups, depending on cereal type. Check the product's Nutrition Facts label.

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Nutrition for Hypertension

- ✦ The previous plan is based on a 2,000 calorie/day diet
- ✦ There are modified DASH eating plans for less or more calories per day
- ✦ Consult a Registered Dietitian to discuss a modified DASH diet



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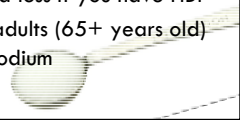
Nutrition for Hypertension

- × Tips in adopting the DASH eating plan
 - × Spread out your servings of fruits and vegetables over the whole day
 - × Increase vegetable servings gradually
 - × Vegetables contain high amounts of fibers which may cause bowel discomfort if increased too quickly
 - × Cut your current butter use in half
 - × Try lactose-free dairy products or using a lactase enzyme pill if you are lactose intolerant



Nutrition for Hypertension

- × Eating less sodium is another important part of nutrition to manage your HBP
 - × Sodium is found in foods as salt (sodium chloride)
- × Most Americans eat too much sodium
 - × Recommendation: Less than 2400 mg of sodium/day (equals 1 tsp of table salt)
 - × Your doctor may recommend less if you have HBP
- × African Americans and older adults (65+ years old) are usually more sensitive to sodium



Nutrition for Hypertension

- × Bump up the flavor!
 - × Use herbs, spices, and salt-free seasonings when cooking
 - × Add citrus juice from lemons, limes, or oranges on fish, poultry, and vegetables
 - × Use vinegar in marinades for fish, poultry, and even vegetables



Nutrition for Hypertension

"Fresh" Seasonings	Example Uses
Basil	Italian dishes, salads, pesto, vegetables (tomatoes, peas, zucchini, etc.)
Bay leaves	Soups, stews, grilled meats
Chives	Salads, vegetables (tomatoes, potatoes, etc.), eggs, dips
Cilantro	Mexican, Asian, and Caribbean dishes, salsa, salads, tomatoes
Dill	Vegetables (carrots, green beans, potatoes, tomatoes, etc.), salads, eggs, cottage cheese, fish
Garlic	Italian dishes, seafood, meats, vegetables
Lemon/Lime	Fish, meats, teas, water
Onions	Soups, meats, fish, other vegetables
Oregano	Peppers, tomatoes
Parsley	Potato salad, salads, Greek dishes
Rosemary	Meats, potatoes, fish, soups, stews, tomatoes
Sage	Poultry, stuffing, dressing
Thyme	Meats, soups, stews, vegetables (lima beans, tomatoes, summer squash), eggs, sweet potatoes

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Nutrition for Hypertension

- × Additional tips for reducing sodium intake
 - × Buy fresh or frozen vegetables
 - × Choose canned goods with "no salt added" on the label
 - × Use fresh poultry, fish, and meat
 - × Cook pasta and rice without adding salt
 - × Cut back on "processed" or "convenience" foods
 - × These are foods that are pre-packaged and usually are very high in sodium

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Nutrition for Hypertension



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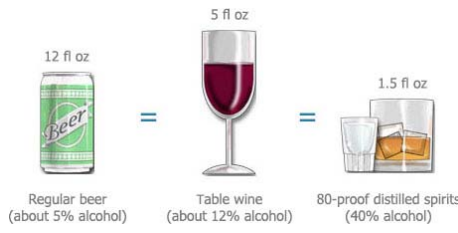
Nutrition for Hypertension

- × Drinking too much alcohol can raise blood pressure
- × Recommendations:
 - × Men: 2 drinks/day or less
 - × Women: 1 drink/day or less
- × A “drink” is considered:
 - × 12 ounces beer
 - × 5 ounces wine
 - × 1.5 ounces liquor



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Nutrition for Hypertension



12 fl oz
Regular beer
(about 5% alcohol)

5 fl oz
Table wine
(about 12% alcohol)

1.5 fl oz
80-proof distilled spirits
(40% alcohol)

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Questions??



THANK YOU!!

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