High Blood Pressure

- High blood pressure is also called **hypertension**.
- It means that your heart is working too hard. Over time, high blood pressure can damage your arteries and organs.
- This can cause heart attack, stroke, kidney disease, circulation problems, nerve damage, and eye problems.

Normal blood pressure = less than 120/80

**Blood Pressure Goals:**

- People with diabetes = less than 130/80
- People without diabetes = less than 140/90
You can lower your blood pressure!

- **Being active**  
  Goal: at least 30 minutes 5 days a week.

- **Stop smoking**  
  Smoking increases your blood pressure.

- **Medications**  
  Take medications prescribed by your doctor. Some people need more than one because the medicines work in different ways.

- **Stress management**  
  Relaxing yourself helps relax your blood vessels, too.

- **Food**
  - Have at least half a plate of vegetables with every meal.
  - Choose fresh fruit instead of packaged snacks.
  - Limit salt:
    - Choose fresh herbs, spices, Mrs. Dash, and onion or garlic powder.
    - Avoid Sazón, Adobo, onion salt or garlic salt.
    - Cut down on packaged, canned, and restaurant food.
  - Choose low-fat or nonfat dairy (milk, cheese, yogurt).
  - Choose lean meats like fish, chicken, and turkey.
  - Grill, roast, or broil instead of frying.