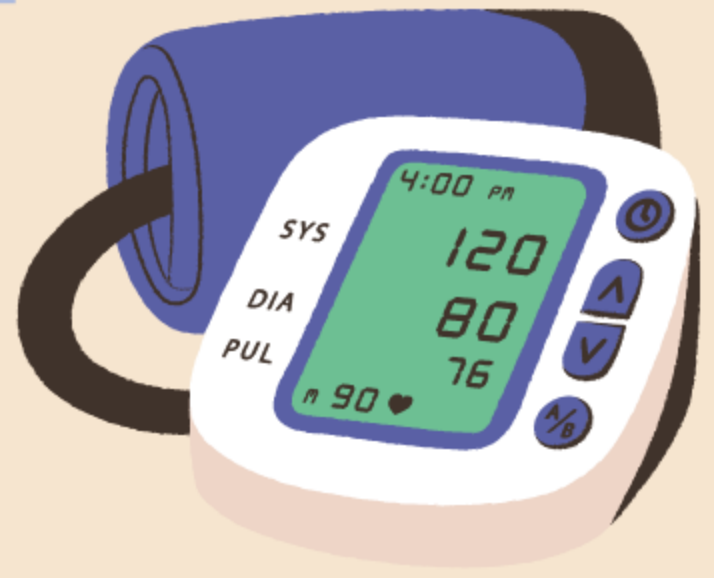


WORRIED ABOUT YOUR BLOOD PRESSURE?



What does this mean?

If left untreated, it increases your risk of stroke.
It may also lead to kidney and eye damage



Cut down on salt

Consume **1.5g of salt** in a day
in total.



Reduce your
alcohol intake

Consume no more than **14
units a week**, and spread
evenly across the week.



Weight loss

Reducing **5-10% of weight**
and maintaining it





Healthy eating

Make sure you are
consuming a balanced diet.

Practical Guidelines to help lower Blood Pressure



- Fruits and vegetables are rich in potassium, magnesium and fiber. Aim to consume 5 portions in a day with different colors.
- Try consuming wholegrain products (breakfast cereals and breads, brown pasta) and foods such as oats, quinoa, etc.
- Consume at least one oily fish per week such as salmons, herring, pilchards, mussels, squid, oyster. Do not consume fried foods and add plant protein in your diet.
- Remove the salt pot from the table to avoid adding extra salt to your meals. Once comfortable, reduce the salt while cooking and make use of herbs and spices. Do not add salt while cooking with stock cubes and use Low - sodium salt (LONA).
- Manage your stress levels by getting enough sleep and learning relaxation techniques such as meditation or indulging in your hobbies.
- Being Physically active helps reduce blood pressure. Aim at least 150 minutes of moderate intensity activity. Before starting any activity **please make sure you check with the doctor.**

 For more specific guidance please book an appointment with the dietitian in the 
surgery