

LOW SODIUM EATING PLAN FOR HYPERTENSION

This eating plan will help you keep your daily sodium (salt) intake between 1500 and 2300 mg. It is low in cholesterol raising fats and rich in fruits, vegetables and fibre.

Hypertension occurs when the pressure that your blood exerts on your arteries rises above normal. Blood pressure is measured and reported as the pressure when your heart contracts over the pressure when it relaxes (systolic/diastolic). Normal blood pressure is 120/ 80 mm Hg. Blood pressure is considered high when these pressures are increased above 140/90 mm Hg.

Did you know that 3 out of 10 Canadians with hypertension could have normal blood pressure if they ate less salt?

**Tips To Help Reduce Your Blood Pressure –
Eat “close to the farm”, the less processed the better!**

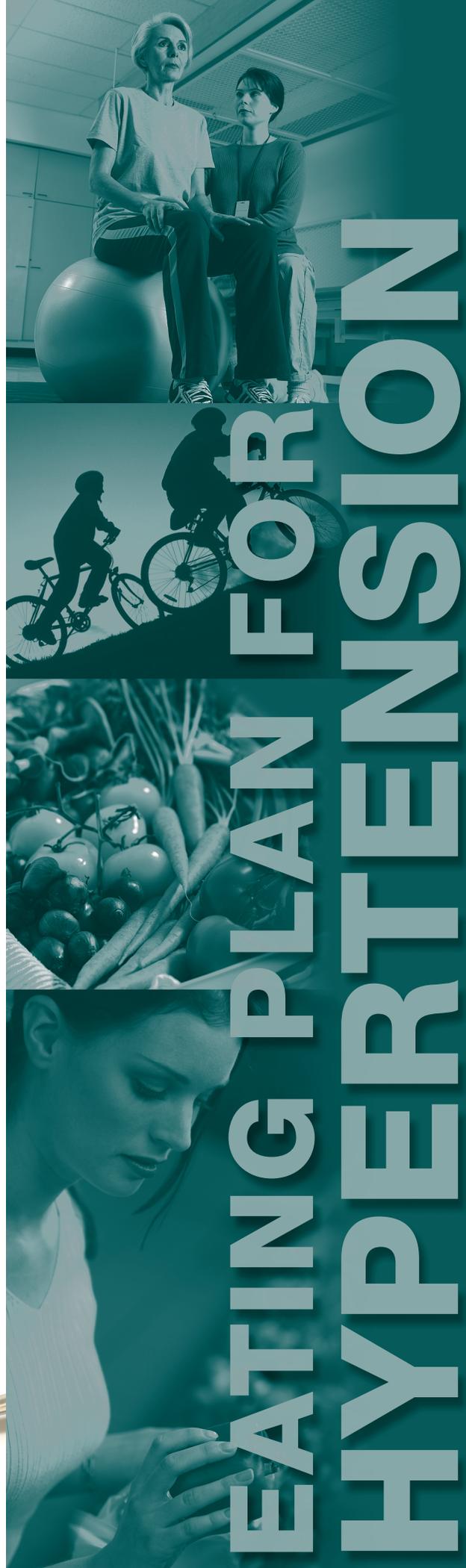
See ‘Foods to Choose’ in the following section for examples.

1. Limit your salt to 1500 mg per day. See “Salt - Shake the Habit”.
2. Eat plenty of fruit and vegetables. Aim for 7 or more servings each day.
3. Eat high fibre, whole grain foods.
4. Include low-fat dairy and alternatives.
5. Include quality low-fat protein choices.
6. Limit added fat.
7. Reduce alcohol to less than 2 drinks per day.
8. If overweight, a loss of 10% of your weight can lower blood pressure.
9. Balance healthy food choices with regular physical activity.

High blood pressure can increase your risk of heart disease and stroke. A reduction in blood pressure of 10/ 5 mm Hg can reduce your risk of stroke by 38% and heart failure by 50%! Such a reduction is achievable with a change in lifestyle factors such as improving your diet, quitting smoking or becoming more active.

Did you know that more than 75% of the salt we eat comes from prepared foods including restaurant foods? Little more than 10% comes from what we add in cooking and at the table. Your choices at restaurants and in the grocery store go a long way to reducing your salt intake.

**What does 1500 mg of salt look like?
It is less than one teaspoon of salt.**



Tips to reduce salt (sodium) intake

- Home prepared fresh or frozen foods are best. If using canned foods, look for labels such as “no added salt” or “low sodium”.
- Avoid adding salt to your food and omit from recipes where possible.
- Season your food with herb and spice blends... *see recipe to the right*. Check ingredient lists to avoid those with salt.
- Limit condiments such as ketchup, mustard, soy sauce etc.
- Use ingredient lists - foods listing salt or sodium at the beginning of the list or multiple times in the list are high in salt.
- Restaurant foods are often high in sodium. Try to avoid fast food but do use the restaurants’ Nutrition Information to identify lower sodium options. When eating out, ask your server if the meal can be prepared without added salt. Request sauces on the side.

Homemade Herb Blend

This multi-purpose salt free seasoning can replace the salt in your table top shaker and is great in casseroles, soups and just about any savory dish you would otherwise salt.

1 Tbsp garlic powder
1 tsp each of dried, crumbled: basil, marjoram, thyme, parsley, savory, sage
1 tsp each of ground mace (or nutmeg), onion powder, pepper
½ tsp cayenne (optional)

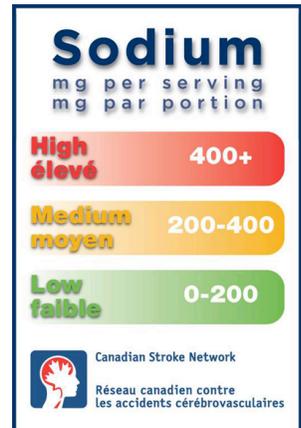
In a small bowl, mix together all ingredients until well blended. Store in a jar with a tight fitting lid in a cool, dry place for up to 6 months.

Source: AHA Low Salt Cookbook- 2nd ed.

Use the Nutrition Facts table to choose packaged foods with less sodium.

Those with **less than 200mg** per serving are your best choices. If the product has **more than 400mg** of sodium per serving look for a lower sodium alternative.

Nutritional Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0.5 g	0 %
+ Trans 0g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 2 %	Iron 2 %



Tips For Eating Away from Home

Restaurant foods are known for having high salt content. Choose your meals wisely.

Some tips to help limit your sodium while eating out include:

- Select a restaurant in which foods are prepared to your order and request that no salt be added.
- Choose salad over soup as an appetizer and ask for dressing on the side.
- Ask for fresh or steamed vegetables without sauces or breading.
- Grilled or baked meat, chicken or fish without sauces or breading are lower sodium.
- Avoid bread, biscuits or crackers with visible salt on top.
- Limit selections that include cheese.
- Ask for fruit based desserts with little or no pastry.
- Many chain restaurants have nutrition information available on-line. Check the restaurants website for the sodium content of the menu items before going. Select items lower in sodium.
- Balance out your day – if you eat out often, be sure to choose lower sodium foods at the meals you prepare at home.

Cheers to lower sugar!

A recent study found that cutting back on pop and sugary beverages may lower your blood pressure. Rather than pop or juice, order water, sparkling water, unsweetened tea or coffee to complement your meal.

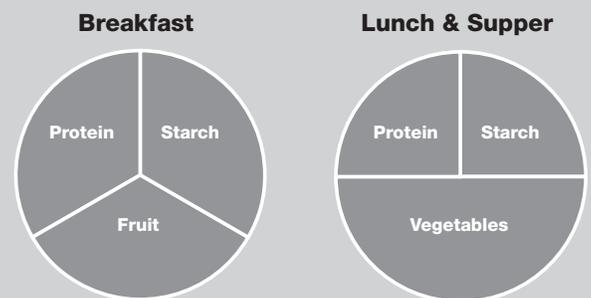
General Healthier Eating Guidelines - To Avoid Complications with hypertension.

Also available from the Ottawa Cardiovascular website: Hyperlipidemia nutrition facts sheet for details on lowering your cholesterol and Waisting Away nutrition facts sheet for information on achieving a healthy weight. Go to www.ottawacvcentre.com.

- **Start with** a balanced breakfast and **follow-up** with a balanced lunch and dinner.
- **Balance** - see Portions to Live By below.
- Add colour with **fruit and vegetables**. Eat your choices more often than drinking them as juice for more fibre and fewer calories.
- **Whole grain** starchy food choices include whole wheat pasta, whole grain bread, brown rice, whole wheat couscous, barley, quinoa or oats.
- An eating pattern rich in **plant-based** foods is rich in **fibre**. Fibre rich foods balance blood sugar, keep you feeling full, lower cholesterol and blood pressure. (and keep you regular!)
- **Protein** choices include low fat dairy or alternative choices such as milk, yogurt, cheese and lean meat and alternative choices such as lean beef, pork, chicken, fish, eggs, tofu, beans, lentils, nuts and seeds.
- Choose **milk and yogurt** with **milk fat percent (%MF) of 1% or less**. Cheese should be 20%MF or less. Lower fat fortified soy milk is also a great option.
- **Lean** meats have less “marbling” or white fat throughout the meat. Remove skin from poultry. Use cooking methods such as grilling, broiling, poaching or stir-frying in a non-stick pan to reduce fat. Try a “meatless” meal including beans, tofu or lentils for less fat and more fibre.

Portions to Live By

- One serving of whole grains is 1/2 cup cooked, not the 3 or more cups served in most restaurants! Too much of a good thing is not a good thing.
- For more details on healthy portions see **Eating Well with Canada’s Food Guide** online at www.healthcanada.gc.ca/foodguide.



Avoid Portion Distortion

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Prepare for Success

- Prepare your foods with **limited added fat, sugar and salt**. Avoid frying.
- Add flavor with fresh or dried herbs, spices, flavored vinegars, low fat marinades and light dressings.

Great ideas for cooking with more flavor and less salt, sugar and fat can be found at your local library, book store or on line. The Heart and Stroke Foundation of Canada, the American Heart Association, the Canadian Diabetes Association and Dietitians of Canada all have great collections of healthy recipes available. Try one today.

Fat - Less Quantity, More Quality

- Men of healthy weight should keep their daily fat intake to 70 grams or less. Women of healthy weight should keep their daily fat intake to 60 grams or less. Fruit, vegetables and whole grains are naturally low in fat. Keep added fats to a minimum. Use food labels to choose foods with less fat.
- Choose **liquid or soft fats** such as olive oil, canola oil or soft non-hydrogenated margarine. Liquid and soft fats have less cholesterol-raising saturated and trans fat. Avoid deep fried foods and products with hydrogenated oils in the ingredients. This will help limit your intake of trans fats.
- **Omega 3** fats are heart healthy fats found in cold water fatty fish including salmon, mackerel, arctic char, sardines, trout and herring. Two (2) servings of fish per week is recommended as part of a healthy balanced diet. Plant sources of Omega 3’s include flax seeds, walnuts and vegetables oils such as canola.

In Moderation - sweets, caffeine & alcohol.

- **Limit sweets**, candy, sugar, jam, honey, syrup regular soft drink and sweetened fruit drinks. Cakes, pies, cookies and many pre-packaged snack foods are high in calories and low on nutrients. Save choices of these foods for special occasions.
- Drink no more than **four (4) cups of coffee** or caffeine-containing beverages per day. Careful with what you add: cream, sugar and flavored syrups can add a lot of calories to your cup.
- **Limit alcohol** to less than 2 drinks per day. One (1) drink = 12 oz bottle of beer, 1.5 oz liquor, 4 oz wine.

Reducing alcohol can promote weight loss and help you lower your blood pressure.

Supplements for Hypertension Control

- Check with your Doctor, Dietitian or Pharmacist before starting a supplement.
- Heart Healthy Mixture = 1/3 ground flax, 1/3 oat bran and 1/3 psyllium. Use 2 Tablespoons per day added to foods or beverages.
- Omega 3 supplements have a small effect on reducing blood pressure. This effect is not strong enough to recommend fish oil supplement to control hypertension.

Food and Medication Interactions

- Review your medications with your Doctor, Dietitian or Pharmacist.
- Salt substitutes based on potassium such as “No Salt” or “Half Salt” are not recommended with some hypertension medications.
- Caution with grapefruit, grapefruit juice, pomelos, Seville oranges and natural licorice (glycyrrhizae glabra). Certain medications for hypertension, cholesterol and heart disease interact with these foods.

Move your body, lower your blood pressure

- Including at least 30 minutes of brisk activity, such as walking, four (4) or more days per week can lower your blood pressure.
- Start with a brisk 10 minute walk a few times per day and increase gradually from there.
- Gentle stretching exercises increase your flexibility and release tension in your muscles and joints. Aim for 4 or more stretching sessions per week.
- Strength exercises improve muscle and bone density keeping you strong and stable. Include these 2-4 times per week.
- Remember to start slowly and consult your physician before starting a new exercise program

Keeping active can lower your blood sugar, cholesterol, blood pressure, help you feel better, relieve tension and stress, improve your muscle tone and help you lose weight!

To Reduce Weight

- Eat smaller portions of foods and remember the balance of foods on your plate: 1/4 protein, 1/4 starch (including potatoes), 1/2 vegetables
- Eat 3 meals per day, no more than 6 hours apart. Don't skip meals. Snack with fruit between meals.
- Choose foods lower in fat and sugar. Eating strategies including low glycemic index choices can be helpful. Learn more from a registered dietitian.
- Aim for a maximum weight loss of 1- 2 lbs (0.5 -1 kg) per week.
- “Waist loss” is as important as weight loss. For tips on how to trim your waist see our Waisting Away nutrition facts sheet.

For more information on hypertension and healthy eating on the net go to:

www.hypertension.ca, www.lowersodium.ca, www.sodium101.ca, www.dietitians.ca

Note: These guidelines are for people wanting to reduce the amount of salt or sodium in their diet. If a salt “restriction” is needed to help control more severe medical conditions, please consult with a Registered Dietitian to develop a more personalized low-salt/sodium meal plan.

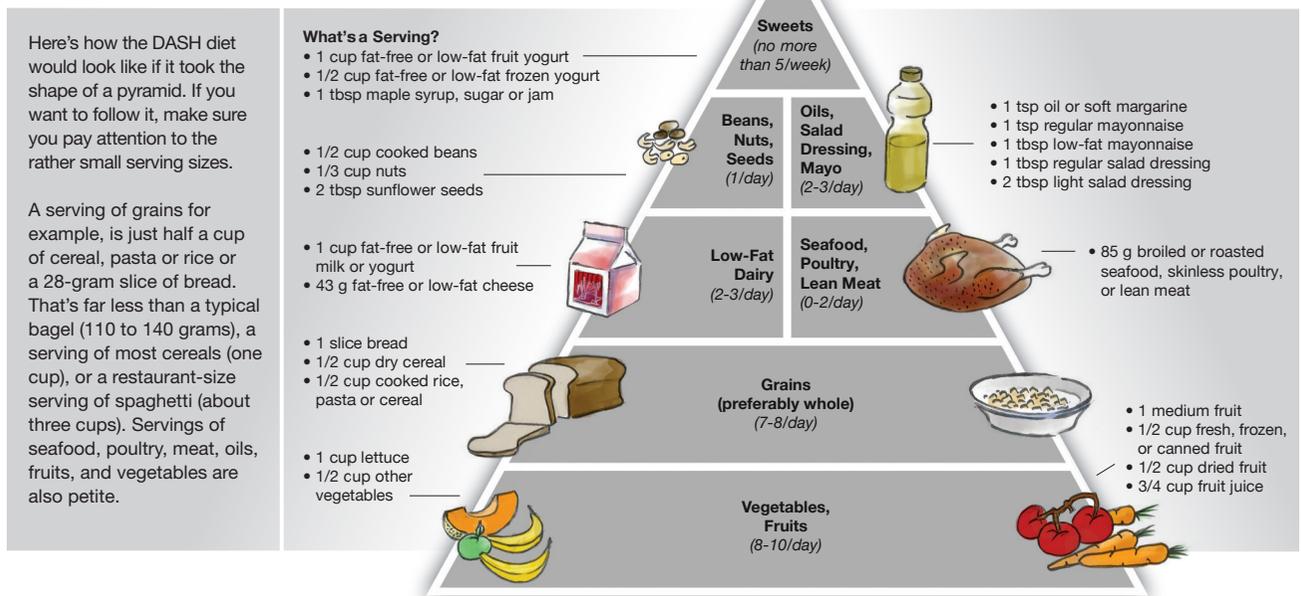
The DASH Eating Plan – Dietary Approaches To Stop Hypertension

Following the DASH Eating Plan has been shown to lower blood pressure and cholesterol by emphasizing fruits, vegetables, and low-fat dairy. DASH also includes whole grains, fish, poultry and nuts and beans. It is low in red meats, sweets and sugar-containing beverages.

Tips for Following the DASH Eating Plan

The number of servings per day listed are for a 2000 calorie eating plan. Remember that if you are trying to lose weight you should choose lower-calorie foods from each group and replace servings of higher-calorie foods with fruit and vegetables. More details on DASH, including a lower calorie version, are available online at www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

**Lay a Healthy Foundation of fruit, vegetables and whole grains.
Add protein and healthy fat choices. Use sweets sparingly.**



Eating Plan for Hypertension

No added salt/sodium: 1500 mg to 2300 mg of sodium per day

Read food labels for sodium content. Look for less than 400 mg per serving. Less than 200 mg is best!

FOODS TO CHOOSE

Vegetables and Fruit – with lots of colour!

- All fruits and fruit juices
- Any vegetables except those on “Avoid” list
- Low salt tomato or vegetable juice
- Low salt canned vegetables, tomato sauce, tomato paste

Whole Grains

- Whole and multi-grain bread, cereal, rice, pasta
- Most dry cereals, unsalted cooked cereals
- Unsalted or low sodium crackers

Soup

- Homemade soups made without salt
- Low sodium broth or canned soups

FOODS TO LIMIT OR AVOID

- Regular canned vegetables
- Pickled vegetables (e.g. sauerkraut)
- Tomato and vegetable juices with more than 400mg sodium/serving
- Instant or canned potatoes

- Salted crackers, bread or rolls with salted tops
- Packaged breadcrumbs, breading mixes and stuffing mixes
- Pre-seasoned rice or pasta “side dish” packages
- Instant hot cereals, waffles and pancakes

- Meat extracts (e.g. bouillon, Oxo)
- Regular canned soups, dried soup mixes

FOODS TO CHOOSE

Milk and Alternatives

- Any except those on “Avoid” list - choose low fat
- Limit of 1.5 oz (45g) hard cheese per day - 20 %MF or less
- Limit 1 cup (250 ml) per day of one of the following: buttermilk, malted milk, Breakfast Anytime shake

Meat and Alternatives

- Any except those on “Avoid” list
- Choose lean or low-fat choices
- Canned fish without added salt - tuna, sardines
- Dried beans, peas, lentils.
- Canned beans, rinse well before using or choose low salt versions.

Fats and Oils

- Any liquid oil - canola, olive, “vegetable”
- Non-hydrogenated soft margarine
- Limit commercial salad dressing to 1 tbsp (15ml) per day

Sweets

- Any except those on the “Avoid” list (in moderation)

Beverages

- Any except those on the “Avoid” list

Snack Foods

- Unsalted popcorn, unsalted pretzels
- Low sodium snack crackers

Seasonings and Condiments

- Unsalted herbs, spices and seasoning blends
- Vanilla extract, lemon, lime, vinegar, cocoa, dry mustard
- Salt-free condiments (e.g. salt-free ketchup)
- Limit of 1 tsp (15ml) per day of : barbeque, steak and Worcestershire sauces, horseradish, ketchup, prepared mustard, relish, salsa

FOODS TO LIMIT OR AVOID

- Milkshakes, Malted Milk servings over 1 cup per day
- Chocolate milk unless homemade with cocoa
- Processed cheese slices and spreads

- Salted, smoked, cured or pickled meat, fish, poultry and eggs: luncheon meats,
- Bacon, ham, sausages, wieners, canned and salted fish
- Salted nuts, nut butters and seeds
- Convenience foods - canned stews, pastas, chili

- Bacon fat
- Canned or dried gravies and sauce mixes
- Dry mixes for salad dressings and dips

- Commercial cakes, pies, pastries, dessert and instant pudding mixes

- Water treated with water softener
- Mineral water with sodium content greater than 200 mg per liter
- Sports beverages such as Gatorade - unless prolonged, intense activity

- Salted chips, cheezies, pretzels, popcorn and snack crackers

- Salt, sea salt, salt substitutes containing salt (e.g. Half Salt)
- Salted herbs and seasoning blends - check ingredients
- Meat tenderizers
- MSG (mono-sodium glutamate)
- Regular pickles, olives and relishes
- Soy sauce and oriental sauces (e.g. teriyaki)

Other Nutrition Fact Sheets Available:

Eating Plan for High Cholesterol
Eating Plan for Congestive Heart Failure
Eating Plan for Type 2 Diabetes
Waisting Away – Healthy Weight Management
Potassium Modified Eating Plan

Please visit www.cvtoolbox.com for more information

Ottawa Cardiovascular Centre

502-1355 Bank Street
Ottawa, ON K1H 8K7
Phone: (613) 738-1584
Email: admin@ottawacvcentre.com

www.cvtoolbox.com



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Danielle Aldous, BSc, RD (From Original, 2005: Helene Charlebois, BSc, RD & Jasna Robinson DI)
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