

## Diet for high blood pressure

Heart diseases are the leading cause of deaths worldwide. Stress at work, long working hours, sedentary lifestyle, erratic schedules, unhealthy cafeteria menu etc have multiplied the risk of heart ailments. Healthy diet to protect heart has gained much importance. A healthy diet for blood pressure control, diet for diabetes, diet for high cholesterol etc are being used as one of the major components for treating heart problems.

High blood pressure, commonly known as hypertension requires nutrition therapy and lifestyle modifications. Diet for high blood pressure is a well balanced diet containing food from all food groups. However the proportion of various nutrients varies depending on the blood profile and health assessment of the patient. Learning to eat regular meals, controlling the amount you eat, and making healthy food choices can help you manage your diet for high blood pressure and prevent other health problems.

Some essentials for a healthy diet for high blood pressure are:

1. Avoid refined carbohydrates like maida, rice, sooji, white breads and sugar.
2. Include at least 5 servings of fruits and vegetables in a day.
3. Avoid processed, canned and ready to eat foods as they have hidden salt. Daily salt intake should not exceed 1 tsp a day.
4. Choose non-fat or low fat dairy products (e.g. skimmed milk, paneer and curd prepared from toned milk etc.).
5. Keep a check on your blood fats by substituting mutton and pork with fish and chicken. Fish is a good source essential fats (omega 3 fatty acids) which protects your blood from bad lipids.

6.Oils: Reduce intake of saturated fats such as ghee, butter, cheese, mayonnaise etc. use blends of oils to get a dose of all fatty acids essential for the body.

Customized diet plans, and a healthy diet for basic pillars required to prevent future



regular health assessment, high blood pressure are the control hypertension and complications.

By:-

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