

Take Control of Your Blood Pressure

Nutrition Education
November 2021



The D.A.S.H. Diet Basics:

Eat More:

- Fruits, vegetables, fat-free or low-fat dairy products, whole grain or high fiber goods, lean meats, skinless poultry, fish, and beans.

Eat less:

- Added sugars, sweets, salt, saturated fats, trans fat, and red meat.
- Look for labels with the words:
- LOW (low sodium, low cholesterol, low-fat)
 - FREE (fat-free, cholesterol-free)
 - REDUCED (reduced fat, reduced sugar).

High blood pressure affects about 1-in-3 adults. It can lead to stroke, kidney disease, coronary heart disease, and heart failure. Often high blood pressure does not have any signs or symptoms, so be sure to check your blood pressure regularly. The following lifestyle changes can help prevent and control high blood pressure.

Physical Activity

Physical activity will strengthen your heart, control your blood pressure, maintain your weight, and manage stress. With the approval of your healthcare professional, physical activity regularly will be helpful. Swimming, brisk walking, stretching exercises, and gardening are some activities to try.

Water is the best choice to drink to keep your body hydrated. However, other beverages like juice, decaf tea, decaf coffee, and milk will also help. In addition, fruits and vegetables are good sources of fluids. Tomatoes, cabbage, watermelon, celery, oranges, and spinach contain 85-95% water.

Stress Management

People cope with stress in many different ways, including eating unhealthy foods, smoking, or drinking. Your body copes with stress in a way that causes your heart to work harder. Below are some ways to lower stress:

- Relax, try yoga
- Reward yourself
- Show gratitude
- Know your stress triggers
- Nurture your relationships



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Crossword Puzzle

Fill in the blanks with the words provided.

3 letter words

KIT
YES

4 letter words

ECRU
MAIL
MOSS
STAR
TUNE
ZEUS

5 letter words

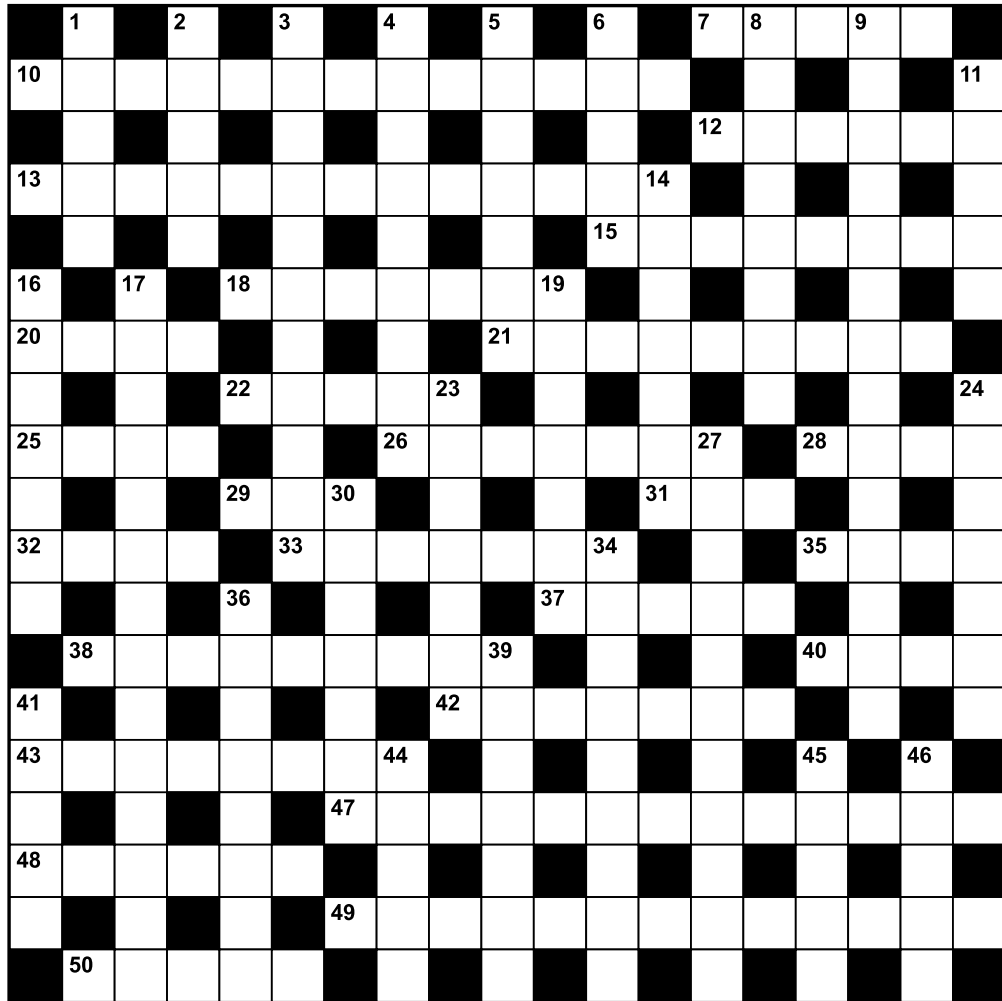
ANISE
AVIAN
DAUNT
GRIEG
LEVEL
OCHER
PLUMB
RADIO
REPLY
STAGE
TROLL
TROUT

6 letter words

APPLET
ENDIVE

7 letter words

AZIMUTH
GIRAFFE
GRANDAD
IRONING
MANNERS
NEW YORK
NICIPPE
SEYMOUR
SMILING



SUNRISE
TATTING
TEXTUAL

8 letter words
APPROVAL
CHEERFUL
LIPSTICK
NESTLING

9 letter words
GRAYSCALE
HAUPTMANN
LAVALIERE
PETROLEUM

11 letter words
SIGNIFICANT
SUPERMARKET

13 letter words
MEDITERRANEAN
PEPPER-AND-SALT
REMINISCENCES
TREASURE TROVE

14 letter words
JULIAN CALENDAR
MULTIPLICATION

VISUAL PUZZLE

Match the negatives to the positives.

