

High blood pressure: How your diet can help with managing

Chronically high blood pressure can cause damage to your blood vessels and internal organs, including your heart. High blood pressure has been called a silent threat because the condition itself has no symptoms and affects nearly half of the U.S. adult population. Engaging in healthy lifestyle behaviors at all stages of life can help to decrease your risk.

What can you do to decrease your risk of getting high blood pressure:

- Visit your doctor for routine checkups
- Know your blood pressure and have it monitored. A blood pressure of less than 120 over 80 is considered healthy.
- Limit your sodium intake. When you have extra sodium in the bloodstream, it pulls water into your blood vessels, increasing the total amount of blood in the blood vessels. With more blood flowing, blood pressure increases.
- The American Heart Association recommends no more than 2300 mg of sodium per day. To achieve this, avoiding adding salt to food when preparing and eating it. Limit or avoid pre-packaged foods such as salted snacks, frozen entrees, canned soups, cold cuts and cured meats, pickles and olives, seasoned salts such as onion and garlic salt, and meat tenderizer.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

References:

<https://www.heart.org/en/health-topics/high-blood-pressure>

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