



# The Southern African Hypertension Society in support of MMM

## Healthy Lifestyle Fact Sheet for Healthy Blood Pressure



### Cut down on Fat & Sugar

Always check the label on foods where possible and be especially wary of hydrogenated or 'trans' fats, as well as sugars 'hidden' as other names such as sucrose, dextrose, fructose, and glucose. These can be commonly found in items such as fruit juices and fizzy drinks.



### Exercise Regularly

Aim for an average of 30 minutes a day. For the exercise to be worthwhile, you need to feel warmer, breathe harder, and your heart needs to beat faster than it normally does.



### Add Beetroot to your Diet

Regular consumption of beetroot juice has been found to help reduce your blood pressure.



### Eat Plenty of Fruits and Vegetables

Eat vegetables raw or lightly steamed, rather than boiled, to get maximum nutrition. Avoid frying where possible.



### Reduce Caffeine Intake

Remember caffeine if found in some fizzy drinks as well as in coffee and tea.



### Maintain a Healthy Weight

Just doing this can help bring down high blood pressure.



### Cut down on Salt

Reduce your intake of salt. Don't forget a lot of salt is hidden in processed food and is very high in breads, cereals, soups, and sauces. If possible, always read the label. Eating a low-fat diet that bread, has also been found to help reduce blood pressure.



### Stop Smoking Tobacco

Your arteries clog up even faster if you smoke and causes many other health problems. Your blood pressure rises while you smoke.



### Don't Drink too Much Alcohol

Stick to local daily recommendations – usually less than 2 drinks for men and 1 for women (1 drink = small beer or wine).



### Relax

Stress contributes to raising blood pressure. So, avoid stress where possible and allow time for relaxation.



### Regular Check-ups

Have your blood pressure measured by a trained medical professional regularly.



[www.hypertension.org.za](http://www.hypertension.org.za)  
[MayMeasure.org](http://MayMeasure.org)

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