

# High Blood Pressure (ways to avoid) (hypertension)

Sauerkraut

Coffee

Stress

Alcohol

Frozen Pot Pies

Packaged foods

Bacon

Nicotine

Pizza

Chicken Skin

BLOOD PRESSURE CATEGORY	SYS/DIA
Normal	120-129/80-84
High Normal	130-139/85-89
High Blood Pressure taken in a doctor's office	140/90 +
High Blood Pressure taken with home monitoring device	135/85 +
High Blood Pressure people with diabetes or kidney disease	140/90 +

Donuts

Sugar

Salt

Cured Meats

Whole Milk

Cigarettes

Bottled Tomato Products

Chinese Take-Out

Smoking

Canned Soups

Ramen Noodles

Obesity

Pickles

Deli Meats

Saturated or Trans-Fats

**High blood pressure** is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined both by the **amount of blood your heart pumps** and the **amount of resistance to blood flow in your arteries.** The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

You can have high blood pressure (hypertension) for years without any symptoms. Even without symptoms, **damage to blood vessels** and your heart continues and can be detected. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

<http://www.mayoclinic.org/>

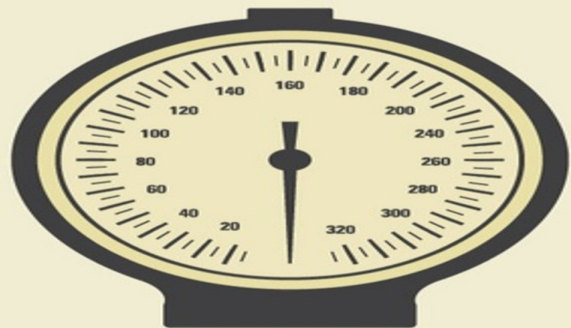
What Does That Fraction on My Blood Pressure Reading Mean?

**SYSTOLIC**

The top (higher) number measures arterial pressure during a heartbeat in millimeters of mercury (mmHg)

**DIASTOLIC**

The bottom (lower) number measures arterial pressure between heartbeats in millimeters of mercury (mmHg)



What is a Normal Blood Pressure Reading?

**< 120**  
**< 80**

mmHg

BLOOD PRESSURE RATING	SYSTOLIC mmHg	DIASTOLIC mmHg
Normal	<120	& <80
Prehypertension	120 - 139	or 80 - 89
Hypertension Stage 1	140 - 159	or 90 - 99
Hypertension Stage 2	160+	or 100+
Hypertensive Crisis (Emergency care needed)	180+	or 110+

<http://carrington.edu/>

## Salt



**Salt and sodium** are villains when it comes to living with high blood pressure and heart disease. The Dietary Guidelines for Americans suggests that people with hypertension or prehypertension limit their daily sodium intake to just **1,500 milligrams**. Currently, the average American eats more than twice that amount, or about **3,400 milligrams** a day. More than **75 percent** of the sodium you eat in a day comes from the packaged foods you eat, not what you add at the table with a saltshaker. Some of the saltiest sources of pre-packaged foods include **deli meat**, **frozen pizza**, **fruit and vegetable juices**, **canned soup**, and **canned or bottled tomato products**.

## Deli Meat



**Processed deli** and **lunch meats** can be real sodium bombs. (**Bacon** counts in this category, too.) These meats often are cured, seasoned, and preserved with salt. A two-ounce serving of some lunchmeats could be **600 milligrams** of sodium or more. If you have a heavier hand with the **cold cuts**, you'll get even more sodium. Add **bread, cheese, condiments, and pickles**, and your simple sandwich can quickly become a sodium trap.

## Frozen Pizza



**All pizzas** can be bad for those watching their sodium intake. The combination of **cheese, cured meats, tomato sauce**, and **bread** adds up the milligrams quickly. But **frozen pizza** is especially dangerous for hypertensive people. To maintain flavor in the pizza once it has been cooked, manufacturers often add a lot of salt. One-sixth of a frozen pizza can be as much as **1,000 milligrams**, sometimes even more. The thicker the crust and the more toppings you have, the higher your sodium number will climb.

## Pickles



**Preserving any food requires salt.** The salt stops the decay of the food and keeps it edible longer. However, salt can take even the most innocent cucumber and make it a sodium sponge. The longer vegetables sit in canning and preserving liquids, the more sodium they can pick up. A whole dill pickle spear can contain as much as 300 milligrams of sodium. Reduced sodium options are available, containing about **100 milligrams** of sodium each.

## Canned Soups



They're simple and easy to prepare, especially when you're in a time crunch or not feeling well. However, canned soups are filled with sodium. **Canned and packaged broths** and **stocks** can be bad, too. Some soups can have **890 milligrams** of sodium or more in just one serving. If you consume the entire can, you'll be taking in 2,225 milligrams of sodium. Low-sodium and reduced-sodium options are available. A better option is to make your own from a low-sodium recipe to keep the salt in check.

## Canned or Bottled Tomato Products



As a rule, tomato products are problematic for people with hypertension. **Canned tomato sauces, pasta sauces, and tomato juices** are all high-sodium culprits. **A half-cup serving of classic marinara sauce** can have more than **450 milligrams**. **A cup of tomato juice** comes in at **650 milligrams**. You can often find low-sodium or reduced-sodium versions of all of these. For people looking to keep their blood pressure down, these alternative options are a smart choice.

## Sugar



You likely already know that excessive sugar intake has been linked to increased cases of weight gain and obesity. But did you know that **high sugar** intake is also linked to high blood pressure? Sugar, especially **sugar-sweetened drinks**, has contributed to an increase in obesity in people of all ages. High blood pressure is more common in individuals who are overweight or obese. Currently, the USDA does not have a recommended daily limit for sugars, but the American Heart Association recommends that women limit added sugar intake to 6 teaspoons per day, and that men keep themselves restricted to 9 teaspoons per day

## Chicken Skin and Packaged Foods



People with hypertension should avoid **saturated and trans fats**. **Chicken skin** is high in saturated fat. **Full-fat dairy, red meat, and butter** are, too. Trans fats are created in a process called hydrogenation. **Liquid oils** are infused with air to make a solid oil. Trans fats are found naturally in small amounts in fatty meats and dairy products. However, the biggest contributor of **trans fats is packaged and prepared foods**. **Hydrogenated oils** increase packaged foods' shelf life and stability. According to the CDC, consuming too many saturated and trans fats increases your LDL, which is bad cholesterol. High LDL levels may worsen your hypertension, and may eventually lead to the development of coronary heart disease.

## Coffee



If you have hypertension or prehypertension, now may be the time to kick your coffee habit. Your morning cup (or cups) of Joe can actually cause a temporary spike in blood pressure. If you're a regular coffee drinker, this may be contributing to your hypertension. In fact, any **caffeinated drinks** may cause an increase in your blood pressure—this includes **soda or caffeinated tea**.

## Cigarettes & Nicotine

When a person smokes a cigarette, the body responds immediately to the chemical nicotine in the smoke. Nicotine causes a short-term increase in blood pressure, heart rate, and the flow of blood from the heart. It also causes the arteries to narrow. Carbon monoxide reduces the amount of oxygen the blood can carry. This, combined with the effects produced by nicotine, creates an imbalance in the demand for oxygen by the cells and the amount of oxygen the blood is able to supply. Smoking further increases the amount of fatty acids, glucose, and various hormones in the blood.

### How does nicotine in cigarettes increase the risk of heart attack?

There are several ways that cigarette smoking may increase the risk of developing hardening of the arteries and heart attacks. First, carbon monoxide may damage the inner walls of the arteries that encourages the buildup of fat on these walls. Over time, this causes the vessels to narrow and harden. Nicotine may also contribute to this process. Smoking also causes several changes in the blood. They include increased adhesiveness and clustering of platelets in the blood, shortened platelet survival, faster clotting time, and increased thickness of the blood. These effects can lead to a heart attack.

### What are the symptoms of nicotine withdrawal?

Irritability  
Impatience  
Hostility  
Anxiety  
Depressed mood  
Difficulty concentrating  
Restlessness  
Decreased heart rate  
Increased appetite or weight gain

TOBACCO SMOKE & NICOTINE



E-Cigarettes & NICOTINE



### How long does nicotine remain in the body?

Nicotine is rapidly eliminated by the kidney, and remains in the body for about two hours.

## Alcohol



When it comes to high blood pressure, alcohol is a double-edged sword. Small to moderate amounts of alcohol may actually lower your blood pressure, but drinking too much alcohol can increase your blood pressure, even for people who only drink occasionally. According to the Mayo Clinic, having more than three drinks in one sitting can cause a temporary spike in blood pressure. Repeated drinking can lead to long-term blood pressure problems. Alcohol can prevent any blood pressure medications you may be taking from working effectively. In addition, alcohol is full of calories and can lead to weight gain. People who are overweight or obese are more likely to have high blood pressure. If you drink too often or need help cutting back, speak with a healthcare provider.