



Keeping a healthy blood pressure

What is blood pressure?

Blood pressure measures the force of your blood against the walls of your blood vessels. This force or pressure in your blood vessels is caused when your heart pushes blood to all parts of your body. Measuring your blood pressure is one way healthcare professionals understand your health condition.



The blood pressure measurement is two numbers, one written over the other. The first, or upper number, is the systolic pressure and measures the force of the blood as your heart is beating. The second, or lower number, is the diastolic pressure and measures the force of blood when your heart relaxes between beats. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is described verbally as "120 over 80."

Your blood pressure goes up and down during the day.

What should my blood pressure be?

Normal blood pressure is 120/80. If you have diabetes, your target blood pressure is less than 130/80.

Is my blood pressure too high?

If your blood pressure is more than 140/90, it's high and a cause for concern. High blood pressure can damage your blood vessels, heart, brain, eyes and kidneys.

How can I lower my high blood pressure?

Eat healthy:

- Choose foods like fruits, vegetables and dairy products.
- Choose whole grain versions of breads, cereals, pasta and rice.
- When eating meat, choose lean products such as wild meat, fish and poultry.



Limit alcohol:

- Men should have no more than two drinks per day.
- Women should have no more than one drink per day.
- You can't save up drinks to have them all on one day.
- If you don't drink alcohol, don't start.



Exercise:

- Try to get 30 minutes of physical activity each day.
- When you exercise, your heart should beat faster and your breathing should be heavier.
- Aim for a healthy weight. Even losing ten pounds can help lower your blood pressure.





Be smoke free:

- If you smoke, quit. Ask your healthcare provider for help.



Relax:

- Find ways to relax and reduce stress in your life.

Limit caffeine:

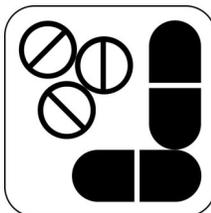
- Caffeine is found in coffee, most soft drinks, some teas, chocolate and energy drinks.
- Limit your caffeine intake to no more than 400 mg per day.

How much caffeine does it have?

Chocolate bar (1) = 0 to 10 mg
 Chocolate chips (1/4 cup) = 26 mg
 Coffee, brewed (1 cup) = 100 mg
 Coffee, decaffeinated (1 cup) = 100 mg
 Coffee, instant (1 cup) = 66 mg
 Cola (1 can) = 37 mg
 Tea (1 cup) = 50 mg
 Tea, herbal (1 cup) = 0 mg

Medications:

- Remember to take your medications.
- If you have diabetes, taking medication to keep your blood sugar on target is important.



Reduce salt in your diet:

- Limit salt to one teaspoon per day or less.
- Remove the salt shaker from the table.
- Use herbs or no-salt spices like pepper, onion powder, garlic powder, oregano, basil, etc.
- Avoid adding salt to food when cooking.
- Eat fewer processed, packaged and fast foods.
- Read food labels and limit foods with more than 300 mg sodium per serving. Sodium is salt.
- Choose foods with less than 10 per cent (300 mg) sodium.
- If "salt," "sodium" or "soda" is listed in the first three ingredients on a food label or listed more than three times, the food is high in salt, so don't choose that food.
- Monosodium glutamate contains salt.



Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	440		
Fat / Lipides	19 g		29 %
Saturated / Saturés	4 g		21 %
+ Trans / Trans	0.2 g		
Cholesterol / Cholestérol	35 mg		
Sodium / Sodium	860 mg		36 %
Carbohydrate / Glucides	53 g		18 %
Fibre / Fibres	4 g		16 %
Sugars / Sucres	6 g		
Protein / Protéines	15 g		
Vitamin A / Vitamine A			45 %
Vitamin C / Vitamine C			4 %
Calcium / Calcium			20 %
Iron / Fer			20 %

This material was developed with the help of the Clinical Subcommittee of the Chronic Disease Network and Access Program of the Prince Albert Grand Council and its partners, and is funded by the Aboriginal Health Transition Fund.



For more information, contact the Kidney Health Community Program:

CKD Clinic, 3rd Floor, St. Paul's Hospital, 1702-20th Street West, Saskatoon, SK S7M 0Z9
 Kidney Health Community Nurse Clinician: 306-655-5312
 Kidney Health Community Health Educator: 306-655-5417
 Toll Free: 1-866-407-1927