



# things you can do to prevent and control high blood pressure

- 1. Lose weight if you are overweight.** Eat smaller portions and choose low calorie foods.
- 2. Eat heart healthy.** Be sure to eat fruits, vegetables, and low-fat, low cholesterol foods.
- 3. Reduce salt intake.** Don't add salt and read all food labels to keep sodium intake to less than 2,000 mg per day.
- 4. Quit smoking.** Or don't start!
- 5. Limit alcoholic beverages.**
- 6. Increase physical activity.** Aim for 30 minutes of a moderate exercise per day, such as brisk walking.
- 7. Talk with your health care professional.** Ask what your blood pressure numbers are and what they mean.
- 8. Take medication as prescribed.** If you need medication, make sure you understand what it's for and how and when to take it. Then, take as directed.



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