



Cooking and Eating with Hypertension in Mind

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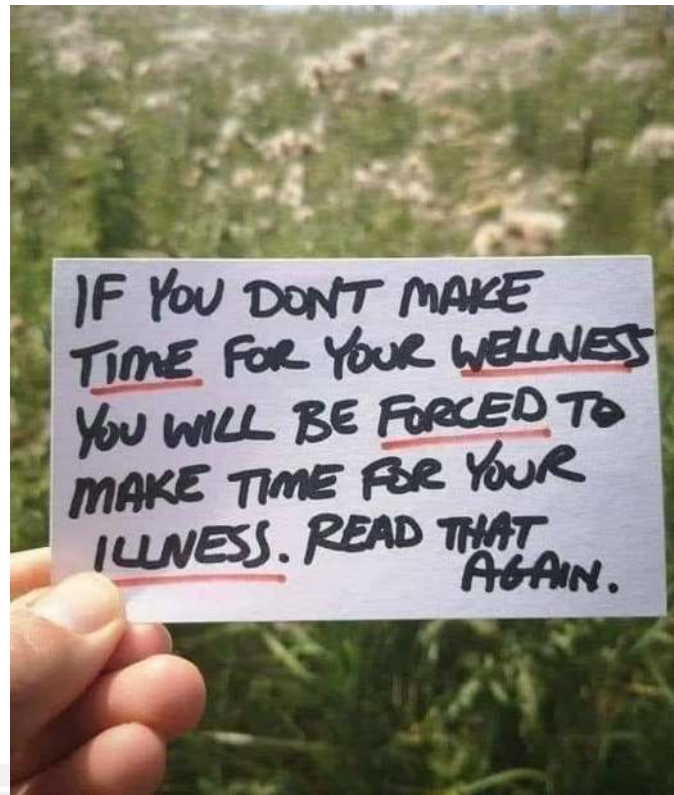




Many Factors Contribute to Hypertension

- I am going to discuss mostly your diet
- Although I cannot dismiss the importance of maintaining an ideal body weight, and getting exercise
- Then there is stress and how it affects your blood pressure and life

Everything you do matters





Avoid Processed Foods

- What do you get that is in a can, bottle, jar or even frozen?
- Read the labels
- Do you know how much sodium you need?
- Next figure out where it might be coming from
- Then make choices to lower your intake

What you can do?



Read labels or avoid food with labels

Eat more fresh food, especially vegetables

Eat more high potassium foods



Highest Sources of Sodium (salt)

Cheese

Canned Food
especially soup

Pickles and some
olives

Cured Meats and
Cold Cuts

Sauces and Salad
Dressings

- Fast Food
- Any restaurant food
- Canned vegetables
- Frozen meals
- Anything with a label or if it says sea salt



Thank you for your attention

- Any questions?
- Brought to you by Mendonoma Health Alliance