

Dietary Instructions for Patients with Hypertension



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Introduction:

Hypertension is high blood pressure and is considered one of the most common health problems. Uncontrolled blood pressure leads to many chronic diseases, with the most common being heart disease.

High blood pressure is dangerous because it makes the heart work too hard, and the high force of the blood flow can harm arteries and organs such as the heart, kidneys, brain and eyes.

The causes of essential hypertension are still unknown. The common risk factors to develop hypertension are obesity, low physical activity, unhealthy dietary habits, family history/genetics factors, smoking and alcohol consumption.

How to control hypertension

- Maintain a healthy weight; weight loss in overweight and obese patients helps lowers blood pressure
- Follow a healthy eating plan, which includes reducing dietary sodium intake to less than 2,300 mg per day
- Eat a healthy diet which is rich in vegetables and fruits; these are a good source of fibers and minerals and low in calories
- Use low fat milk and milk products (yoghurt, laban, labneh, low salt cheese) and no more than two cups per day. Milk and milk products are rich source of calcium, potassium, and magnesium; these minerals help in reduction of blood pressure
- Restrict fat intake by reducing oil in cooking and avoid fried food
- Avoid food high in cholesterol and saturated fats like: (organ meat, egg yolk, animal fat, ghee, butter, full cream milk and milk products, coconut oil, palm oil and commercial cakes and sweets)
- Choose foods with less than 5g of total fat per serving
- Check the food label of the product
- Follow the DASH diet (Dietary Approach to Stop Hypertension) details mentioned in page #4
- Be moderately physically active on most days of the week
- If you have hypertension, take your prescribed medication as directed

Tips to reduce salt/sodium in your food:

- Choose low or reduced sodium, or no salt added versions of foods
- Choose fresh, frozen, or low sodium or no added salt vegetables and fruits
- Use fresh poultry, fish and lean meat rather than canned, smoked, or processed types
- Choose ready to eat breakfast cereals that are lower in sodium
- Stay away from cured foods (such as bacon, luncheon), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as mustard, horseradish, ketchup, and barbecue sauce)
- Limit low sodium versions of sauces like soy sauce and teriyaki sauce. Treat these condiments sparingly as you do table salt
- Prepare rice, pasta, bread and hot cereals with minimum or without salt
- Stay away from instant soups, noodles and sauces or flavored rice, pasta, and cereal mixes, which usually have added salt
- Stay away from ready to use frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings— choose a low sodium version
- Rinse canned foods, such as tuna and canned beans, to reduce sodium
- Soak and rinse salted pickles and cheese
- Use spices instead of salt
- For cooking and at the table; flavor foods with herbs, lemon, lime, vinegar, or salt-free seasoning blends

Use no more than two-thirds of a tsp (3-4gm) of salt/day

Choose food that contains less than 140 mg sodium per serving. You can find how much sodium is in the food by reading the food label. (Check the appendix for the food label language). Remember, the amount listed for one serving which will be more or less than you eat.

Recommended and not recommended foods for hypertension

Food Group	Foods Recommended	Foods Not Recommended
Grains	<p>Bread, khubus, chapathi, rice, pasta, oats,</p> <p>Semolina, vermicelli, barley, quinoa, bulgur, rye and wheat products</p> <p>Preferred to choose whole grain wheat products</p> <p>Breakfast cereals with low sodium (check label)</p> <p>Low sodium unsalted crackers and unsalted pretzels</p>	<p>Baked foods made with hydrogenated fat or saturated fat</p> <p>Any grain foods that are high in sodium or added sugar</p> <p>Bread and rolls with salted tops, quick breads, self-rising flour, pancakes, waffles mixes, prepacked processed pasta such as ready made noodles, salted popcorns, pizzas and salted chips, salty crackers</p>
Vegetables	<p>Fresh and frozen vegetables, low sodium canned vegetables (check label)</p> <p>Low sodium vegetable sauces</p> <p>Low salt tomato paste</p>	<p>Canned vegetables (unless they are low sodium or salt free)</p> <p>Pickles, vegetables packed in brine, such as sauerkraut or olives, vegetables in cream or butter sauces.</p> <p>Dried tomatoes</p>
Fruits	<p>Fresh, frozen, canned or dried fruit</p> <p>Fresh fruit juices</p> <p>Jams</p>	<p>Fried fruits and fruits in cream or butter sauces</p>

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Food Group	Foods Recommended	Foods Not Recommended
Milk and Milk Products	<p>Skimmed or low fat milk</p> <p>Skimmed or low fat yoghurt</p> <p>Low sodium or unsalted low fat cheese</p> <p>Low salt, low fat labnah</p> <p>Unsalted low fat laban</p>	<p>Full fat milk and milk products</p> <p>Salty and regular cheese (eg: feta and akkawi)</p> <p>Salty and regular labnah</p> <p>Buttermilk , jameed and eghet</p> <p>Processed cheese products</p> <p>Foods made from whole milk or cream (such as ice cream)</p>
Meat and Legumes	<p>Fish (especially fatty fish, such as salmon, fresh tuna, king fish, or mackerel)</p> <p>Lean cuts of meat (loin, leg, round, extra lean burger)</p> <p>Low sodium cold cuts made with lean meat or soy protein</p> <p>Skinless poultry</p> <p>Dried beans and peas</p> <p>Lower sodium meat alternatives made with soy or textured vegetable protein</p> <p>Egg whites</p> <p>Whole egg, 2-3 times/week</p>	<p>Canned or smoked meat, chicken, fish</p> <p>Marbled or fatty meats (such as bacon, sausage, hot dogs, regular burger)</p> <p>Poultry with skin</p> <p>High-sodium cold cuts meat (such as luncheon salami)</p> <p>Canned beans</p>
Fats, Oils and Nuts	<p>Vegetable oils (soybean, olive, canola, sunflower, corn oil)</p> <p>Unsalted seeds</p> <p>Avocado</p> <p>Unsalted nuts and nut butter</p>	<p>Solid or hydrogenated cooking fats (shortening, butter, margarine, ghee)</p> <p>saturated oils (palm or coconut oil)</p> <p>Salad dressing</p> <p>Mayonnaise</p>

Food Group	Foods Recommended	Foods Not Recommended
Miscellaneous	Herbs and spices to add flavor to replace salt Unsalted popcorn Honey and jam Breadsticks Rusk	Salt, seasoning mixes made with salt Soy sauce, ketchup, barbecue sauce, Worcestershire sauce Canned or dried soups (except for low-fat, low-sodium types) Stock cubes Soft drinks Snack foods made with hydrogenated oil or butter High sodium snack foods (chips, pretzels, pastries salted nuts) High fat, high-sugar desserts High fat gravies and sauces



DASH Diet

The DASH diet is a lifelong approach to healthy eating that's designed to help, treat or prevent high blood pressure (hypertension). The DASH diet emphasizes vegetables, fruit and low-fat dairy foods and moderate amounts of whole grains, fish, poultry and nuts. It encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients such as potassium, calcium and magnesium that helps to lower blood pressure.

The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes. It also encourages weight loss.



The DASH Eating Plan

Food Group	Daily Servings	Serving Sizes
Grains	6-8	1 slice bread 30g dry cereal ½ cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw vegetables ½ cup cooked vegetables ½ cup vegetable juice
Fruits	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit ½ cup fruit juice
Fat free or low fat milk and milk products	2-3	1 cup milk, laban or yogurt 45g cheese
Lean meats, poultry and fish	4-6	30g cooked meats, poultry or fish 1 egg
Nuts, seeds and legumes	4-5 per week	1/3 cup or 45g nuts 2 tbsp peanut butter 2 tbsp seeds ½ cup cooked legumes
Fats and oil	2-3	1 tsp vegetable oil
Sweets and added sugars	5 or less per week	1tbsp sugar 1 tbsp jam ½ cup sweetened juice ½ cup jelly

Appendix

Label Language:

Food labels can help you choose items lower in sodium, saturated fat, trans fat and cholesterol. Learn to check the following label information on all food packaging:

Phrase	What It Means
Sodium	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35mg or less of sodium per serving
Low sodium	140mg or less of sodium per serving
Reduced or less sodium/ Light in sodium version	At least 25 percent less sodium than the regular
Unsalted or no salt added	No salt added to the product during processing (not sodium free)
Fat	
Fat free	Less than 0.5g per serving
Low saturated fat	1g or less per serving from saturated fat
Low fat	3g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version



Patient and Family Education

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