



Controlling your blood pressure

Your physician has told you that your blood pressure is at the limit or too high. You can take action!

 **EAT HEALTHY**

 **BE ACTIVE 30 min. ON MOST DAYS**

 **MAINTAIN OR REDUCE YOUR WEIGHT**

 **DO NOT SMOKE**

Find out in this leaflet how **EATING HEALTHY**, one of the “4 winning strategies”, can help improve your blood pressure and avoid or reduce medication.

1 Make winning choices

According to the latest studies, an eating plan called the Dietary Approaches to Stop Hypertension (DASH) would be especially indicated in the control of high blood pressure, given its high **potassium, magnesium, calcium, fibre and protein** content.

This diet is based on vegetables and fruit, whole grain cereal products, lower fat milk products, poultry, fish, legumes and nuts. It limits the consumption of red meat, fat and sweets (cake, cookies, chocolate, soft drinks, sugar, honey, syrup, etc.).

This type of diet can help lower blood pressure. The results are even more interesting when you limit the intake of salt and alcohol.



2 Limit salt intake

Although we need salt (composed of sodium and chlorine), we eat far too much of it, which may increase high blood pressure in certain individuals.

Most of the salt we eat (75%) does not come from the salt shaker but rather from processed foods that often contain large quantities of hidden sodium.

For example, a bowl of canned soup, six chicken nuggets with barbecue sauce or a ham sandwich each contain about 1,000 mg of sodium, the equivalent of 2 mL (1/2 tsp.) of salt. That is significant if one considers the maximum daily recommendation of 2,400 mg of sodium a day!

Cutting back on salt

Limit your consumption of foods rich in sodium such as:

- Restaurant food, fast-food and ready-to-eat meals: pizza, quiche, Chinese food, frozen dishes, etc.
- Smoked or salty meat: bacon, ham, deli, sausages, pâtés, canned meat, etc.
- Smoked or salty fish
- Canned or dehydrated soup, sauce or broth
- Seasoned rice or pasta in a pouch or a can
- Salted crackers, chips or nuts
- Condiments: ketchup, mustard, soya sauce, chili sauce, anchovies, etc.
- Tomato or vegetable juice
- Pickles: olives, capers, etc.
- Cheese spread, cheese slices, blue and feta cheese
- Seasoning salt: celery or onion salt, monosodium glutamate, etc.

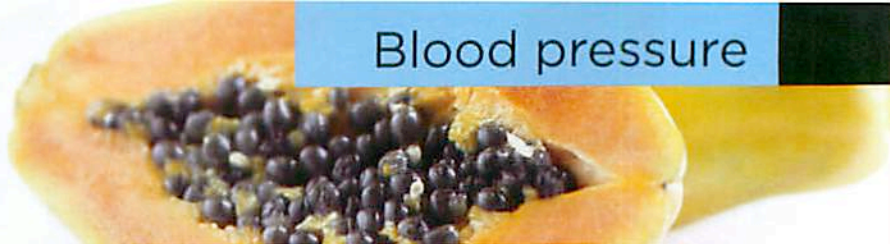
Look for low-salt, no added salt, or reduced-sodium products. Read the labels and choose foods that contain less than 300 mg of sodium per serving (or less than 750 mg for ready-to-eat meals).

Reduce the use of salt (regular, sea salt or flower of salt) in cooking and avoid using the salt shaker at the table.

Bring out the flavour of your foods with herbs (e.g. chives, basil, oregano), spices (e.g. cumin, nutmeg), garlic, ginger, pepper or citrus juice and zest.

Try commercial seasonings made from herbs (make sure they do not contain salt!). If you choose salt substitutes made from potassium chloride, talk to your pharmacist or physician since they may interfere with your medication.

Choosing the right foods



Vegetables and Fruit

At meal time, snack time, anytime!

- ✓ potassium
- ✓ magnesium
- ✓ fibre

- Eat your vegetables and fruit, **fresh, raw or cooked, frozen or canned**. In the case of canned vegetables, drain and rinse them to reduce the amount of salt.
- Enjoy the **best sources of potassium** regularly: bananas, oranges, kiwis, melons, dried fruit (dates, apricots, figs), tomatoes, potatoes, carrots and broccoli.
- Garnish your bowl of cereal, oatmeal or yogourt with plenty of fruit.
- Add vegetables here and there: in sandwiches, rice, pizza, spaghetti sauce, soups, etc.

For a health drink, mix in the blender:

- 125 ml (1/2 cup) of orange juice
- 1/2 banana
- 60 ml (1/4 cup) of fresh or frozen strawberries

Can also be used to make delicious frozen pops!

Grain Products

Go for whole grain!

- ✓ potassium
- ✓ magnesium
- ✓ fibre

- Choose **whole wheat or multigrain** bread (sliced, pita, baguette, tortilla) and crispbread
- Choose breakfast cereal containing **2 g or more of fibre** per 30 g serving. Read the labels. Don't forget oatmeal!
- Regularly add to your menu **whole wheat pasta** and **brown rice**.
- **Wheat bran and oat bran** are rich in potassium, magnesium and fibre. Add small quantities to your favourite breakfast cereal or to yogourt.
- Replace muffins, sweet breads and commercial cookies, all high in fat, by healthier home-made versions. Use nutritious ingredients such as oats, bran, whole wheat flour, fresh or dried fruit, unsalted nuts, etc.

Milk Products

Choose lower fat versions!

- ✓ calcium
- ✓ potassium
- ✓ protein

- Include a serving of **milk products in most of your meals**: a glass of milk or **enriched** soy beverage, a bowl of yogourt or, occasionally, a piece of cheese at less than 20% M.F. (Cheese is salty, after all.). Impossible at every meal? Have it as a snack!
- Start your day off with a milkshake, by mixing milk, fruit and a dash of vanilla in the blender.
- Eat cereal with milk regularly, either for breakfast or as a snack. Use milk instead of water when preparing hot cereal.
- Make **your own frozen yogourt**, by mixing equal parts of vanilla yogourt and frozen fruit in the blender. Serve immediately.
- For added calcium, choose **milk beverages enriched with calcium** (33% or 35% more calcium).

Meat and Alternatives

Vary your sources of protein!

- ✓ magnesium
- ✓ potassium
- ✓ protein

- Have 2 to 3 meals of fish per week.
- Think of meat or poultry as one component of the meal, not the main element.
- Discover **legumes**, such as red kidney beans or lentils, by adding them to soups, salads, casseroles, etc. Once drained and rinsed, canned legumes are ready to use.
- Replace part of the meat in spaghetti sauce, meatloaf or shepherd's pie with lentils or bits of tofu.
- **Jazz up your sandwiches** by varying your garnishes: chicken, fresh pork or beef roast, chickpea (hummus) or tofu spread, veggie pâté, etc.
- Snack on non-salted nuts or seeds. Go easy, however, because they are high in calories!

and for more fibre



Controlling your cholesterol (and triglyceride) levels

Your physician has told you that your blood cholesterol level is too high. It may be that your triglyceride level is also too high. You can take action!

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Find out in this leaflet how **EATING HEALTHY**, one of the "4 winning strategies", can help improve your results and avoid or reduce medication.

1 Adopt winning choices

A varied diet, rich in **vegetables and fruit, whole grain products, lower fat milk products, lean meat, poultry and meat substitutes such as fish, legumes, nuts and seeds**, is recognized as being very efficient in improving cholesterol levels.

Such a diet compares with the Mediterranean diet that is recognized as being very good for the heart in general. Turn to the back for more information on winning choices.

2 Manage your fat intake

Limit trans fat, saturated fat and dietary cholesterol

Contrary to popular belief, it is not the cholesterol contained in food that mostly increases the level of cholesterol in the blood. A diet rich in trans fat and saturated fat is more often responsible for such an increase.

Trans fat is found in commercially prepared products containing partially hydrogenated oil or vegetable oil shortening such as fried foods, baking products, chips, etc.

Saturated fat and cholesterol are mostly found in animal products such as high-fat dairy products and meat. Fancy meats, egg yolks, shrimp and squid are other important sources of cholesterol.



Choose unsaturated fat

Besides being essential for your health, unsaturated fat (**monounsaturated** and **polyunsaturated**) helps control the levels of cholesterol in the blood. Major sources of unsaturated fat are oils, non-hydrogenated margarine, nuts, seeds, avocado and olives. Eat them regularly but in **moderation**, especially if you must control weight gain.

Polyunsaturated fat of the omega-3 family is also recognized as being beneficial to the heart.

The best sources of omega-3 are fatty fish such as salmon, trout, mackerel, sardines, and herring, as well as ground linseed. It is also found in lesser quantity in canola oil, soya oil, wheat germ, walnuts, soy and derived products (tofu, soy beverages, roasted soy beans), as well as in some omega-3 enriched foods (eggs and milk beverages).

3 Eat more fibre

Fibre is found only in foods of vegetable origin, like whole grain products, vegetables, fruit and legumes.

A certain kind of fibre, called "soluble" can help bring blood cholesterol down when eaten regularly. It is found mostly in psyllium, ground linseed, bran and oatmeal, legumes, barley and certain pectin-rich fruit such as tomatoes, apples, oranges, strawberries, pears, etc.

And don't forget to drink water regularly to allow the fibre to do its job!

And if your triglyceride level is too high...

- Reduce your intake of **sugar-rich foods** such as **desserts (cake, cookies, pastries, etc.), chocolate, soft drinks, and sweets (candy, white sugar, honey, syrup, etc.)**.
- Reduce your **alcohol consumption** as much as possible.
- Eat sources of **omega-3 fat** every day
- Reduce your **weight**, if necessary.

Choosing the right foods

Vegetables and Fruit

Eat 5 to 10 servings a day.

Grain Products

Choose whole grain versions.

Milk Products

Choose low-fat products.

Meat and Alternatives

Vary the sources of protein.

Fat

Choose higher quality fat while reducing the quantity

VERY GOOD CHOICES

Go for it!

Foods to choose as often as possible for meals, desserts and snacks.

Vegetables and fruit: fresh, frozen, canned, dried, sauce. Served as is, in soups, salads, with dips, as brochette, in recipes...

Mostly dark green, orange or red.



Whole wheat and whole grain bread, rusks and pasta
Brown rice
Breakfast cereal with 2 g or more of fibre per 30 g serving
Oatmeal
Oat bran
Psyllium
Small low-fat muffins made with whole wheat, bran or oats
No-fat popcorn

Milk and yogourt with 1% or less M.F.
Light cheese with 15% or less M.F.
Enriched soy beverages

Non-breaded fish
Legumes (peas, beans, lentils, chick peas) and tofu
Chicken, turkey and other poultry (skin removed)
Low-fat meat, with no visible fat
Seafood, except for shrimp and squid
Soy-based meat substitutes
Egg whites
Nuts* and seeds*
100% natural peanut butter*

Vegetable oils* (olive, canola, soy, corn, sunflower, safflower, etc.)
Dressings made from these oils*
Non-hydrogenated margarine*

* These foods contain beneficial fat but are high in calories. They should be eaten in moderation.

GOOD CHOICES

Think about it!

Interesting alternatives that should nonetheless be replaced as often as possible by "very good choices".

Fruit juice (100% juice)
Tomato or vegetable juice
Sherbet made with fruit purée

White bread and pasta
White rice
Breakfast cereal with less than 2 g of fibre per 30 g
Soda crackers, melba toast, rice cakes and other crackers with 3 g or less of fat per serving
Non-coated cereal bars
Angel food cake or sponge cake
Cookies containing 5 g or less of fat per serving
Pretzels

Milk with 2% M.F.
Yogourt between 1% and 3% M.F.
Cheese between 16% and 20% M.F.
Frozen milk or yogurt, low-fat ice cream
Pudding made with partially skimmed milk

Lower fat deli (chicken or turkey breast, lean ham, roast beef)
Peanut butter, regular or light
Egg yolks (maximum of 2 or 3 a week)
Shrimp and squid

Mayonnaise (light versions)

LIMIT CONSUMPTION

Occasionally

These choices are high in fat, especially saturated fat, trans fat or cholesterol.

French fries or other fried vegetables
Chips

Baking products such as croissants, danishes, pastries, doughnuts, cake muffins
Crackers with over 3 g of fat per serving
Coated cereal bars
Cookies with more than 5 g of fat per serving

Milk with 3.25% M.F.
Yogourt with 3% or more M.F.
Cheese with 20% or more M.F.
Ice cream

Breaded or fried chicken or fish
Meat with visible fat
High-fat deli (bacon, sausages, salami, pâté)
Skin of poultry, chicken wings
Speciality meats (liver, kidneys, sweet-breads, brains)
Meat pie, quiche and chicken or salmon pie

Butter
Cream, sour cream
Whipped cream
Sauces made with butter or cream
Shortening
Coconut oil, palm oil, palm-kernel oil
Fat and lard
Margarine made with hydrogenated oil
Regular mayonnaise