



Lowering Your Blood Pressure and Cholesterol

Having low blood pressure and cholesterol is good for your heart! It helps keep your blood vessels strong and clear of build-up called plaque. High blood pressure can weaken your blood vessels. High cholesterol can cause plaque to build up in your blood vessels; this makes your blood vessels narrower and makes it harder for your heart to pump blood through them.

Use the tips below to lower your blood pressure and cholesterol:

Lower Your Blood Pressure

- Eat a diet low in sodium.
 - Try to eat no more than 1,500mg of sodium each day.
 - Check food labels and choose those with less than 300mg of sodium per serving.
 - Avoid adding salt to your food.
 - Avoid things with a lot of sodium like chips, deli or cured meats, pickled foods, and canned soups.
 - For more information on how to eat a diet low in sodium, visit health.utah.gov/bewise.
- Choose foods that will give you more potassium, calcium, and magnesium in your diet.
- Aim for at least 30 minutes of physical activity most days of the week.

Lower Your Cholesterol

- Choose lean cuts of meat (sirloin, round steak, skinless poultry, or fish).
- Keep meat portions moderate (about three ounces, or the size of a deck of cards).
- Choose whole grains like whole wheat bread and brown rice.
- Choose low- or non-fat dairy products.
- Avoid foods with saturated or trans fats.
- Limit added fat from margarine, salad dressings, and fried foods.
- Aim for at least 30 minutes of physical activity most days of the week.

Don't forget to choose healthy foods. Foods with a lot of potassium, calcium, and magnesium can all help lower your blood pressure.

Potassium	Calcium	Magnesium
Bananas	Dairy products	Nuts
Citrus fruits	Fortified foods	Seeds
Tomatoes	Dried beans	Whole grains
Pinto beans	Leafy green vegetables	Broccoli