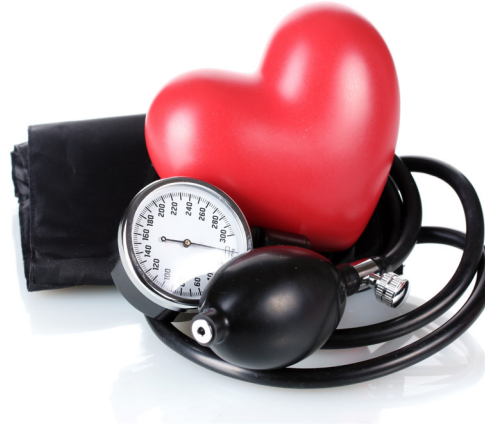


Hypertension

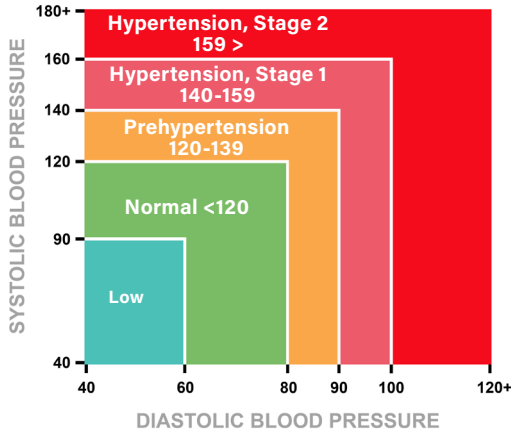
(High Blood Pressure)

What's your risk?

Know your numbers:



Blood Pressure Chart



Know your risks:

Major Risk Factors

- Smoking
- Obesity (body mass index [BMI] ≥ 30 kg/m²)
- Dyslipidemia (**LDL** or total cholesterol and **HDL** or low cholesterol)
- Diabetes Mellitus
- Physical inactivity
- Age (Older than 55 years for men, 65 years for women)
- Family history of cardiovascular disease

Know your diet

Food Group	Daily Servings
Grains	6-8
Meats, poultry, and fish	6 or less
Vegetables	4-5
Fruit	4-5
Low-fat or fat-free dairy products	2-3
Fats and oils	2-3
Sodium	2,300 mg*
	Weekly Servings
Nuts, seeds, dry beans, and peas	4-5
Sweets	5 or less

Source: <https://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>

Learn more and download delicious and healthy recipes by scanning the QR code

