

## **Nutrition Guidelines For Hypertension (High BP)**

**Hypertension (HTN or HT)**, also known as high blood pressure. Normal BP level = 120/80 mmHg

- Various factors contributes to the elevation of blood pressure like heredity, increasing age, high salt intake, high intake of alcohol, little or no exercise.
- Being overweight or obese increases your risk of developing high blood pressure.
- Losing even 4-5 Kg can lower your blood pressure- and losing weight has the biggest effect on those who are overweight and already have hypertension.
- Overweight and obesity are also risk factors for heart disease. And being overweight or obese increases your chances of developing high blood cholesterol and diabetes- two more risk factors for heart disease.

### **Guidelines -**

- Include small frequent meals.
- Opt for lemon instead of adding extra salt in your meals.
- You can add 2 cloves of raw garlic (crushed) to your meal daily helps lower you BP and cholesterol.
- Non vegetarian: Serving size for meat- 2 small pieces.
- Oil recommendation- ½ liter per person per month. You can choose oil like rice bran oil, sunflower oil, olive oil. You can rotate the different oils throughout the year.
- Opt for vegetable juice or vegetable soup (homemade) over commercial or canned fruit juices.

<b>DO'S</b>	<b>DON'T OR AVOID</b>
Limit salt intake to 5g (1 teaspoon) per day.	Avoid adding extra table salt.
Include 2-3 servings of whole fruits per day. Example- banana, musambi, lemon, watermelon, muskmelon, peach, sapota.	Avoid salted biscuit, papads, pickles, canned food, processed food (sausage, bacon, ham, ketchup etc), Ajinomoto (MSG).
Include salad in all meals to improve fiber in your diet. Example- onion, tomato, cucumber, beetroot etc.	Avoid butter, ghee, vanaspati ghee, margarine.
Include milk (low fat or skimmed), curd (low fat) in your diet daily.	Avoid sea food (prawns, lobsters, crab, sea fish).

DO'S	DON'T OR AVOID
Drink at least 2.5 to 3 liters water daily.	Avoid alcohol, cigarettes. Avoid deep fried items.
Non vegetarian- you can choose chicken (skin out), fish, egg white on alternate days but avoid deep frying.	Limit red meat intake to once/twice per month. Avoid egg yolk.
Include 30-45 minutes physical activity at least 5-6 days per week.	Limit intake of refined products- maida, sugar, butter/cream biscuits, pasta, noodles, soft drinks (pepsi, coca-cola,etc).

### Sample Menu for a man weighing 70 Kgs

Timings	Meal	Food Items	Amount
6 am	On waking up	Water	1 glass
6:30 am	Beverage	Beetroot Juice with lemon (made out of 2 medium sized beetroot)	1 glass
7 – 8 am	Physical activity (brisk walking)	Sip on water or lemon water	500 ml
8:30 am	Breakfast  OR Morning meal	Bread and egg white omelette with Tea or Low fat milk	4 slices + 2 egg whites 1 cup
		OR Cornflakes with Low fat milk	1 big bowl
		OR Oats with Low fat milk	1 big bowl
		OR Rice with Veg Gravy Non vegetarian (chicken) Boiled vegetables Chutney	1 medium sized plate 1 small bowl 2 small pieces 1 small bowl 2 tsp
11 am	Mid morning	Fruit (any fruit of your choice)	1 whole fruit
		Rice with Veg Gravy	1 medium sized plate 1 small bowl

12- 1 pm	Lunch (if not eaten morning meal)	Non vegetarian (chicken)	2 small pieces
		Boiled vegetables	1 small bowl
		Chutney	2 tsp
		rice + vegetables	1 big plate
		Non vegetarian(chicken)	2 small pieces
		Chutney	2 tsp
	If eaten morning meal then	Oats with milk	1 medium sized bowl
		<b>OR</b> Egg white sandwich	2 slices + 2 egg whites
3 pm	Tea + Snacks	Tea <b>OR</b> Green Tea with	1 cup
		Biscuits (avoid creamy, butter and salted biscuit)	2-3 no
6 pm	Snack	Fruit (any fruit of your choice)	1 whole fruit
7 pm	Dinner	Rice with	1 medium sized plate
		Veg Gravy or Dal	1 small bowl
		Non vegetarian(chicken)	2 small pieces
		Boiled vegetables	1 small bowl
		Chutney	2 tsp
		Crushed raw garlic	2 cloves
9 pm	Bedtime	Low fat milk	1 glass
		<b>OR</b> Walnuts	2 no

For any query feel free to mail diatetician at [meenakshityagi18@gmail.com](mailto:meenakshityagi18@gmail.com) or book an appointment with the diatetician.

**Disclaimer:**This is a sample diet chart with approximations.This doesn't replace clinical judgement or advise from a diatetician.

**Courtsey:**Akhire Kire Diatetician