

Patriot Picks

YOUR GUIDE TO EATING WELL WITH PANTRY RESOURCES

HYPERTENSION



Normal blood pressure:
120/80 or lower



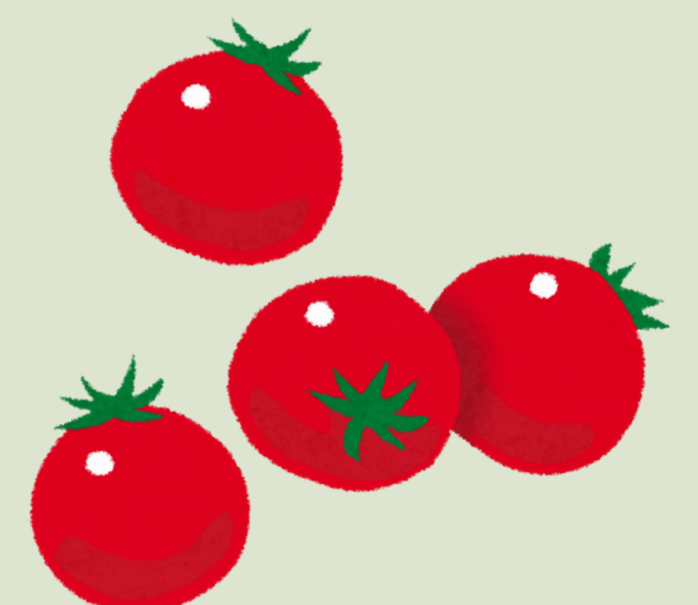
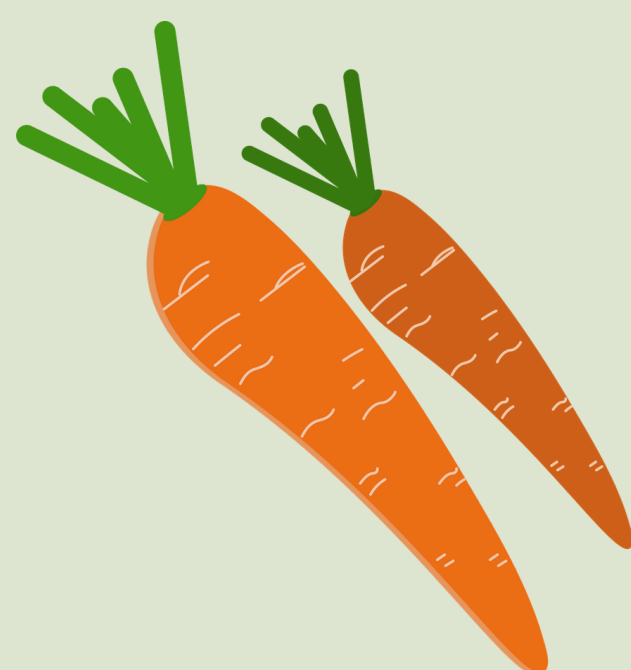
High blood pressure (hypertension):
140/90 or higher

WHAT DOES IT MEAN?

Hypertension is when the pressure of your blood against your artery walls is too high. It often has no symptoms, so many people don't know they have it. If left untreated can increase your risk for **Heart Disease, Stroke, and Kidney Damage**

WHY DOES IT HAPPEN?

- Eating too much salt
- Stress
- Not enough exercise
- Unhealthy eating habits
- Family history
- Smoking or vaping

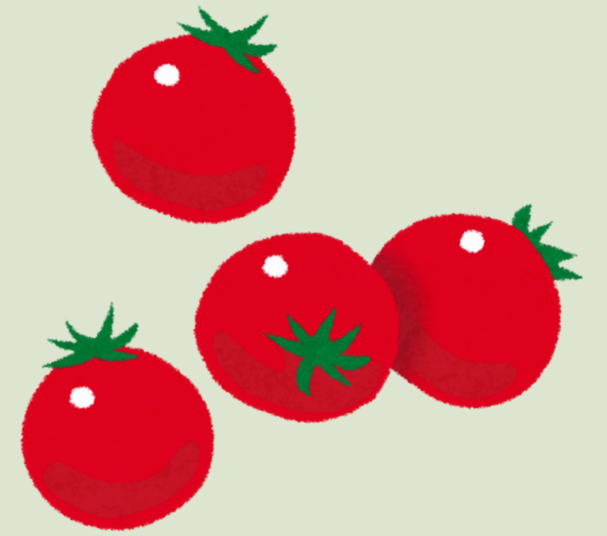


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WHAT CAN I DO ABOUT IT?

- Grains: Brown Rice, Quinoa, Whole Grain Crackers (Low Sodium)
- Proteins: Canned Tuna (Low Sodium), Canned Salmon, Low-Sodium Beans, Peanut Butter (No Salt Added)
- Vegetables: Low-Sodium Canned Vegetables, Canned Tomatoes (No Salt Added), Canned Corn
- Fruits: Unsweetened Applesauce, Canned Peaches (100% Juice)
- Snacks: Unsalted Popcorn, Unsalted Mixed Nuts, Plain Rice Cakes
- Extras: Low-Sodium Broth, Canned Lentils, Plain Oatmeal
- Tips: Choose “No Salt Added” or “Low Sodium” options whenever possible.