



Nutrition Facts

Take Steps to Prevent and Control High Blood Pressure!

1. Aim for a healthy weight

- Try to maintain a healthy weight and avoid weight gain. If you are overweight, it may be beneficial for you to lose weight.
- A safe weight loss plan is to lose weight slowly, about half a pound to one pound each week until you reach a healthy weight.
- Please check with your health care provider for any weight-related questions or concerns.



2. Be physically active

- Engage in physical activity for 30 minutes on most days of the week.
- Combine everyday chores with moderate-level sporting activities such as walking to achieve your physical activity goals.

3. Follow a healthy eating plan

- Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods.
- Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement.
- If you are trying to lose weight, choose an eating plan that is lower in calories.

4. Reduce sodium in your diet

- Choose foods that are low in salt and other forms of sodium.
- Use spices, garlic, and onions to add flavor to your meals without adding more sodium.

5. If you drink alcohol, do so in moderation

- In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.
- If you drink alcoholic beverages, have only a moderate amount — one drink a day for women, two drinks a day for men.



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

