Hypertension can lead to severe health complications and increase your risk of several serious, potentially life-threatening conditions. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries.

Hypertension often has NO SIGNS OR SYMPTOMS, and therefore frequently goes undiagnosed.

How to control your blood pressure and reduce your risk of heart disease

What we consume can affect our body’s ability to prevent, fight and recover from infection and disease. By making small changes to our diet, we can greatly reduce our risk of serious health issues.

What can you do to reduce your daily salt intake?

Reducing the amount of sodium in your diet is one of the most effective ways to control your blood pressure.

The main source of sodium in our diets is SALT.

Hypertension affects 1.3 BILLION people (1 in 4 adults).

Fewer than 1 IN 5 have their hypertension under control.

Hypertension is the #1 risk factor for death globally.

Hypertension is a global epidemic.

WE ARE WHAT WE EAT

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SALT

Replace salt and condiments that are high in sodium with other seasonings, such as garlic, lemon and pepper.

Monitor your consumption of fats and oils.

Eat a variety of whole and fresh foods every day.

Limit your alcohol consumption.

Average person’s daily salt intake: 9.12g

Replace salt and condiments that are high in sodium with other seasonings, such as garlic, lemon and pepper.

Limit your alcohol consumption.

Eat a variety of whole and fresh foods every day.

Eating moderate amounts of fruit and vegetables.

Reduce the amount of sugar and salt in your diet.

LOW

Potassium salts may even have a beneficial effect on your blood pressure.

If needed, take your medications as prescribed.

Reduce your sodium intake.

Limit your alcohol consumption.

Quit smoking.

Manage your weight.

Exercise regularly.

Reduce your stress.

Eat a healthy diet.

Eat plenty of fruit and vegetables.

Moderate your consumption of fats and oils.

Reduce the amount of sugar and salt in your diet.

Switch to a reduced sodium alternative.*

Replace salt and condiments that are high in sodium with other seasonings, such as garlic, lemon and pepper.

Limit your alcohol consumption.

Eat a variety of whole and fresh foods every day.

SALT

Reduce the amount of sugar and salt in your diet.

What can you do to reduce your daily salt intake?

Avoid processed foods.

In many high-income countries, about 70% of total salt comes from processed foods.

In low- and middle-income countries, most salt consumption comes from salt added during cooking and at the table.

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