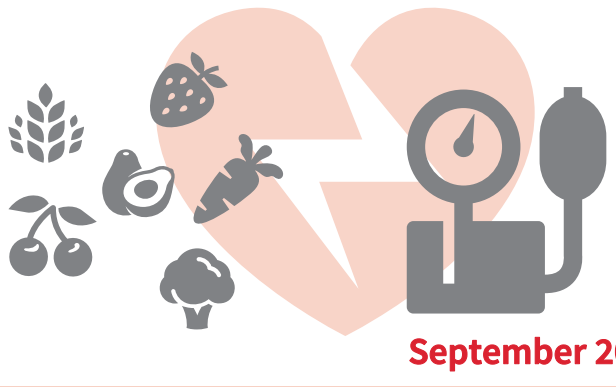
HYPERTENSION & NUTRITION



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HYPERTENSION or HIGH BLOOD PRESSURE

is a condition that occurs when your blood pressure increases to unhealthy levels.

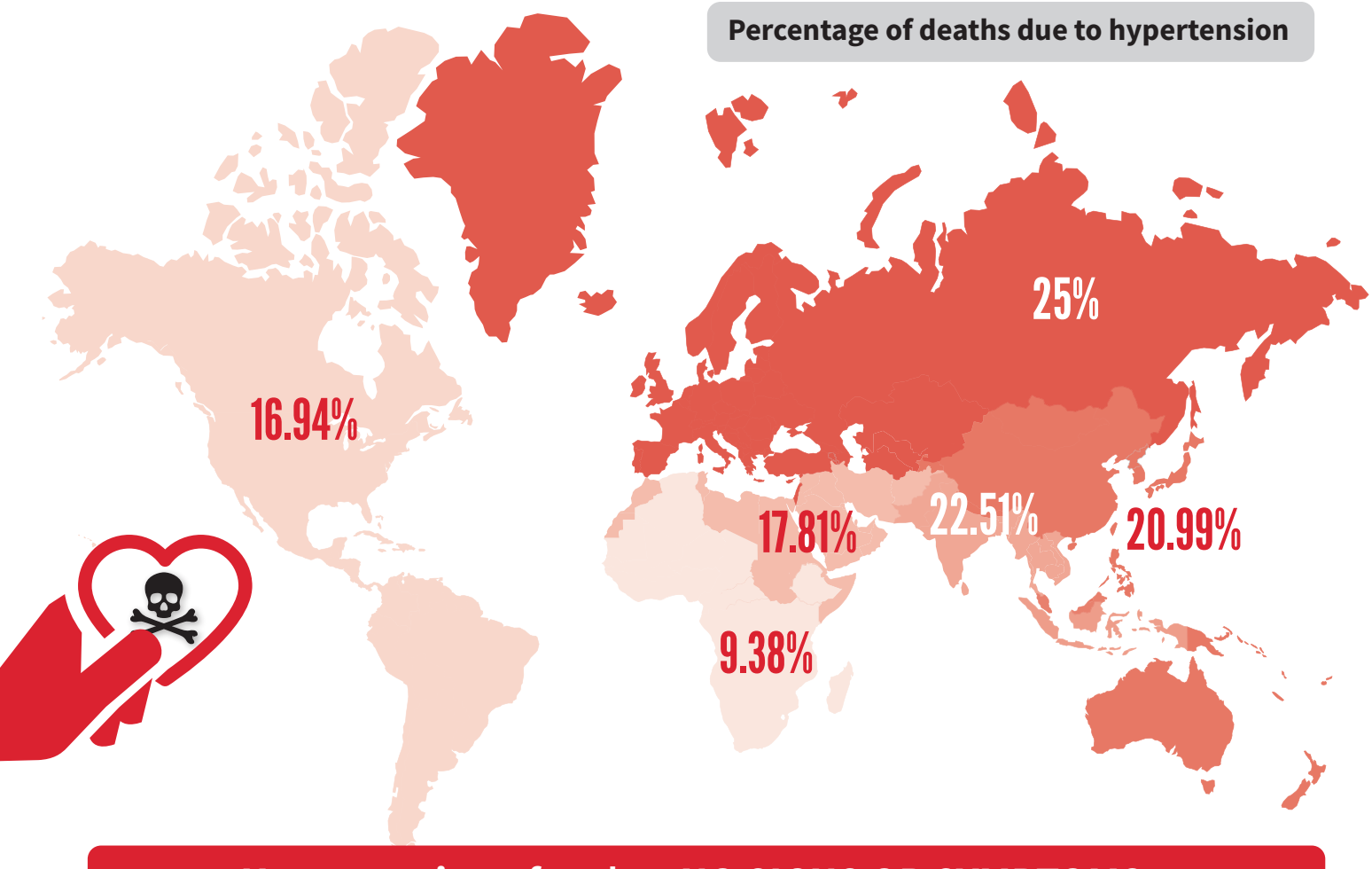
Blood pressure is determined by the **amount of blood** your heart pumps and the **amount of resistance** to blood flow in your arteries.

The more blood your heart pumps and the narrower your arteries → the higher the blood pressure → the harder the heart has to pump

Hypertension can lead to severe health complications and increase your risk of several serious, potentially life-threatening conditions.

- Heart Failure
- Coronary Artery Disease
- Stroke
- Chronic Kidney Disease
- Peripheral Arterial Disease
- Vascular Dementia

HYPERTENSION IS A GLOBAL EPIDEMIC



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

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

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

- Manage your weight
- Exercise regularly
- Reduce your stress
- Eat a healthy diet
- Reduce your sodium intake
- Limit your alcohol consumption
- Quit smoking
- If needed, take your medications as prescribed

WE ARE WHAT WE EAT

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.**

- Eat a variety of whole and fresh food every day
- Eat plenty of fruit and vegetables
- Moderate your consumption of fats and oils
- Reduce the amount of sugar and salt in your diet (SUGAR, SALT)

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**

SALT

Daily salt intake recommended by the World Health Organization

< 5g (less than 1 teaspoon)

The equivalent of 2g of sodium

Average person's daily salt intake

9-12g

Around 2x the recommended amount

What can you do to reduce your daily salt intake?

Avoid processed foods.

In many high-income countries, about 75% of salt comes from processed foods.

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

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

Switch to a reduced sodium alternative.*

LOW

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

**People receiving medication for diabetes, heart or kidney disorders should consult their doctor before using a reduced sodium salt.*

Sources: World Health Organization; IHME, Global Burden of Disease; Season with Sense

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