

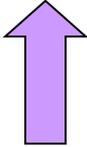


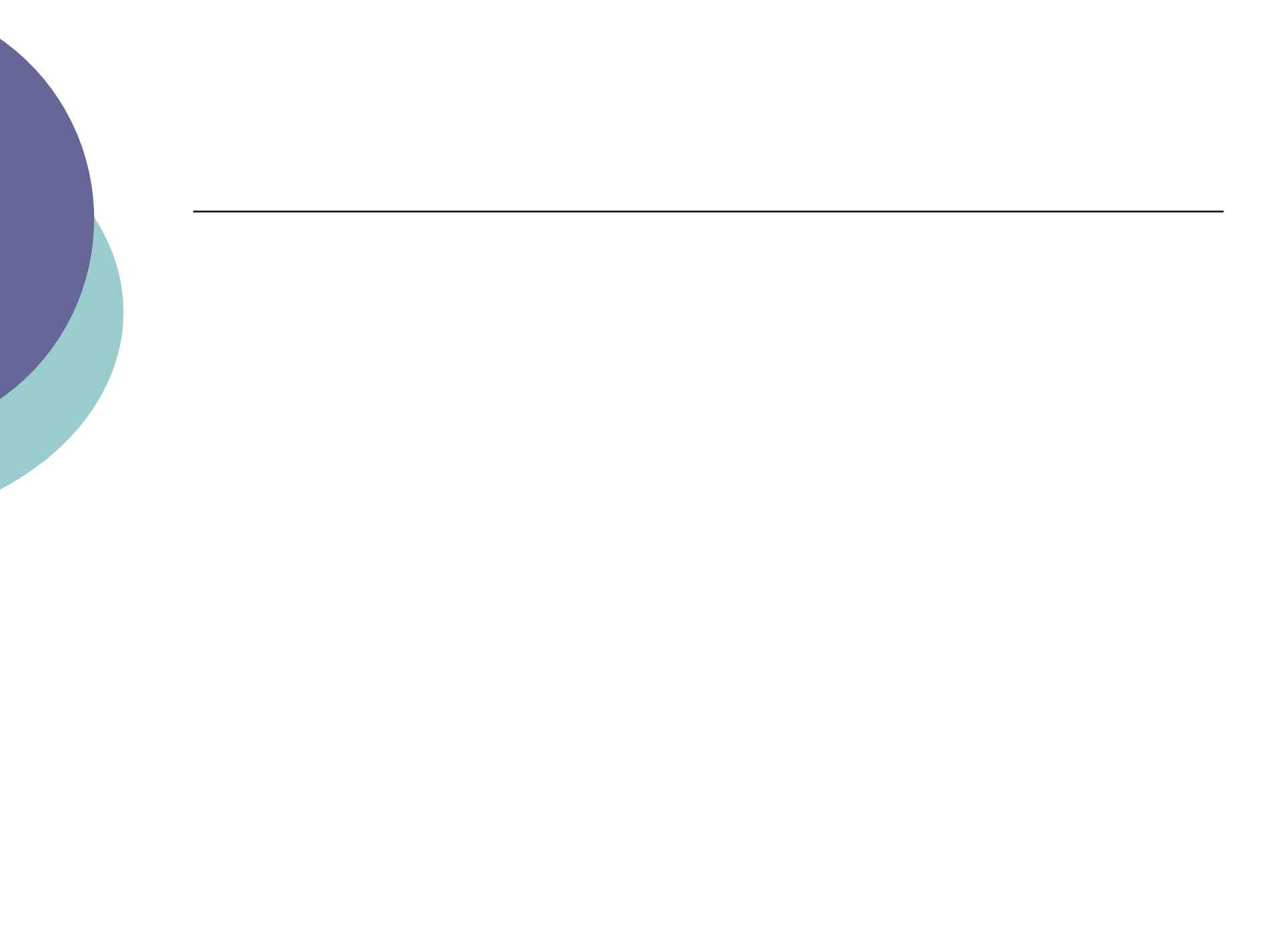
Lets Talk Blood Pressure

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What is blood pressure?

- Pressure from our blood against our artery walls
-  Blood pressure causes the problems
- Increased blood pressure  arteries stretching out





Stretched Arteries

- Problems that can occur:
 - Vascular Weakness
 - Vascular Scarring
 - Increased Plaque Formation
 - Increased Risk of Blood Clots
- Major risk factor for:
 - Stroke
 - Heart Attack
 - Heart Failure
 - Kidney Failure



Exercise Break!

Prevent, Prevent, Prevent!!!

- How can we prevent high blood pressure?

Healthy Eating

Avoid Smoking

De-Stress!

Physical Activity

Decrease Salt Usage



Healthy Eating

- Diet rich in:
 - Fruits
 - Vegetables
 - High fiber foods
 - Whole grains
 - Fat free or low fat dairy products
 - Beans
 - Skinless poultry, Lean Meats, Fish



Fruits & Vegetables

- Half of our plates at meal times should be fruits and vegetables
- Step out of your comfort zone!



High Fiber Foods

- Comes from fruits, vegetables, and whole grains
- Lowers your risk of diabetes and heart disease
- Normalizes bowel movements and reduces blood pressure

Sodium

- Increased sodium intake also increases our blood pressure
- Limit Sodium
 - Sodium is found in meats, nuts (salted), grains and dairy
 - Largest amount → PROCESSED FOODS
 - Limit salt shakes!!



Sodium Cutting Tips

1. Check menu's and food labels for the sodium content of foods
2. Limit olives, smoked meats cured meats, and pickles
3. Choose fresh or frozen vegetables
4. If you do choose canned vegetables, rinse them first.
5. Choose unsalted butter
6. Look for no salt added or low sodium products
7. Use other flavorings and try different spices



Exercise Break!



Whole Grains

- Unrefined Grains- Have not had their outside covering removed
- Brown Rice, Popcorn, Quinoa, Corn, Oats
Buckwheat in Pancakes, and Whole Wheat in Bread



Fat Free or Low Fat Dairy

- Milk, Yogurt, Cheese
- Read labels for low fat options!



Protein

- Protein is what makes up our muscles and keeps us full throughout the day
- Beans, skinless chicken, lean meats, and fish



Physical Activity

- Find something YOU like to do
- 150 minutes a week of moderate intensity activity
 - 21.42 minutes/day
- 75 minutes a week of intense activity
 - 10.7 minutes/day
- Muscle strengthening 2 days a week
- Two birds one stone
 - Stress & Physical Activity



Exercise Break!



Re Cap

- High blood pressure is dangerous for our bodies
- Decrease blood pressure by easy lifestyle changes like
 - Healthy Eating
 - Decreasing sodium intake
 - Physical Activity / De-stressing
 - Avoid Smoking



References



Questions?

Thank you!!