



2 Days 'til Go Red! National Wear Red Day Friday, February 3rd

Life's Simple 7: **MANAGE BLOOD PRESSURE!**

High Blood pressure means that the blood running through your arteries has too much force. This extra force puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. The scar tissue, which is the result of the tears, traps plaque and white blood cells which can form blockages, blood clots and hardened, weakened arteries.



Here are 10 ways to control your blood pressure:

1. **Lose weight.** Extra weight puts pressure on every part of your body.
2. **Eat plenty of whole grains.** 7-8 servings per day which can include cereal, whole grain bread, rice, pasta, etc.
3. **Eat plenty of fruits and vegetables.** 8-10 servings of a variety of colorful fruits and veggies.
4. **Dairy up. Consume 2-3 servings daily of low-fat or non-fat foods.**
5. **Limit meat, fish and poultry to two (2) servings a day.**
6. **Go nuts.** Incorporate 4-5 servings per week of nuts which can provide plenty of protein and healthful fats.
7. **Limit fats and oil to 2-3 servings per day.**
8. **Hold the salt.** Limit your intake to 2400 mg daily. Eat fewer canned and processed foods!
9. **Get off the couch!**
10. **Drink in moderation.** Limit yourself to 2 drinks per day.

If you have been prescribed medication for your high blood pressure, you need to take it every day and monitor your blood pressure to make sure that your medication is doing its job!



The Medical Center of Plano