

Dietary Instructions For Patients With Hypertension



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Introduction

Hypertension is high blood pressure. It is considered to be one of the most common health problems. Uncontrolled blood pressure leads to many chronic illnesses , the most common being heart diseases.

High blood pressure is dangerous because it makes the heart work too hard, and the elevated force of the blood flow can damage arteries and organs such as the heart, kidneys, brain, and eyes.

The causes of essential hypertension are still unknown. The common risk factors to developing hypertension are obesity, low physical activity, unhealthy dietary habits, family history, genetics factors, smoking and alcohol consumption.

How to control hypertension

- Maintain a healthy weight; weight loss in overweight and obese patients helps lowers blood pressure.
- Follow a healthy eating plan, which includes reducing dietary sodium intake to less than 2,300mg per day.
- Maintain a healthy diet that is rich in vegetables and fruits; these are good sources of fiber and minerals and are low in calories.
- Use low fat milk and milk products (yoghurt, laban, labneh, low salt cheese) and not more than two cups per day. Milk and milk products are rich sources of calcium, potassium, and magnesium; these minerals help in reduction of blood pressure.
- Restrict fat intake by reducing oil in cooking and avoid fried food.
- Avoid food high in cholesterol and saturated fats like: organ meat, egg yolk, animal fat, ghee, butter, full cream milk and milk products, coconut oil, palm oil, and commercial cakes and sweets.
- Choose foods with less than 5g of total fat per serving.
- Check nutrition labels of food products.

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- Follow the DASH (Dietary Approach to Stop Hypertension) diet, see page #6.
- Be moderately physically active on most days of the week.
- If you have hypertension, take your prescribed medication as directed.

Tips to reduce salt/sodium in your food

- Choose low, reduced sodium or no added salty versions of foods.
- Choose fresh, frozen, or low sodium or no added salt vegetables and fruits.
- Use fresh poultry, fish and lean meat rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Stay away from cured foods (such as bacon and luncheon meat), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut) and condiments (such as mustard, horseradish, ketchup, and barbecue sauce).
- Limit low sodium versions of sauces like soy sauce and teriyaki sauce. Use these condiments as sparingly as you do table salt.
- Prepare rice, pasta, bread and hot cereals with minimal or no salt.
- Stay away from instant soups, noodles and sauces or flavored rice, pasta and cereal mixes, which usually have added salt.
- Stay away from ready to use frozen dinners, mixed dishes (such as pizza) packaged mixes, canned soups or broths, and salad dressings— choose low sodium versions.
- Rinse canned foods, such as tuna and beans, to reduce sodium.
- Soak and rinse salted pickles and cheese.
- Use spices instead of salt.
- For cooking and at the table; flavor foods with herbs, lemon, lime, vinegar, or salt-free seasoning blends.
- Remove salt shakers from the table.

**Use no more than two-thirds of a teaspoon
(3–4 gm) of salt per day**

Choose food that contains less than 140mg sodium per serving. You can find how much sodium is in the food by reading the food label.

(Please refer to the food label language chart)

Remember the amount listed for one serving will be more or less than you eat.



The image shows a hand pointing to a Nutrition Facts label. The label is for a cereal product, with a serving size of 1 1/4 cup (30 g). The label is bilingual, with English and French text. The hand is pointing to the 'Sodium / Sodium' row, which shows 220 mg (1% Daily Value).

Nutrition Facts / Valeur nutritive		
Serving 1 1/4 cup (30 g) / Portion de 1 1/4 tasse (30 g)		
Amount per serving		With 1/2 Cup 2% Milk / Avec 1/2 tasse de lait 2 %
Teneur par portion		
Calories / Calories	110	180
	% Daily Value / % valeur quotidienne	
Fat / Lipides 0 g ¹	0 %	4 %
Saturated / saturés 0 g	0 %	8 %
+ Trans / trans 0 g	0 %	3 %
Cholesterol / Cholestérol 0 mg	0 %	12 %
Sodium / Sodium 220 mg	1 %	
Potassium / Potassium 30 mg	9 %	
Carbohydrate / Glucides 26 g	4 %	
Fibre / Fibres 1 g		
Sugars / Sucres 2 g		
Starch / Amidon 23 g		
Protein / Protéines 2 g	0 %	
Vitamin A / Vitamine A	0 %	
Vitamin C / Vitamine C	0 %	
Calcium / Calcium	30 %	
Iron / Fer	0 %	
Vitamin D / Vitamine D	5 %	
Thiamin / Thiamine		
Riboflavin / Riboflavine		
Niacin / Niacine		
Vitamin E / Vitamine E		

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Food Group	Foods Recommended	Foods not Recommended
Grains	Bread, khubus, chapathi, rice, pasta, oats, semolina, vermicelli, barley, quinoa, bulgur, rye and wheat products. Choose wholegrain wheat products, breakfast cereals with low sodium (check labels), low sodium unsalted crackers and unsalted pretzels.	Baked foods made with hydrogenated fat or saturated fat Any grain foods that are high in sodium or added sugar. Bread and rolls with salted tops, quick breads, self-rising flour, pancakes, waffles mixes, prepacked processed pasta (such as ready-made noodles, salted popcorns, pizza, salted chips and salty crackers).
Vegetables	Fresh and frozen vegetables, low sodium canned vegetables (check labels), low sodium vegetable sauces and low salt tomato paste.	Canned vegetables (unless they are low sodium or salt-free) pickles, vegetables packed in brine (such as sauerkraut or olives) vegetables in cream or butter sauces and dried tomatoes.
Fruits	Fresh, frozen, canned or dried fruit, fresh fruit juices and jams.	Fried fruits or fruits in cream or butter sauces.
Milk and milk products	Skimmed or low fat milk, skimmed or low fat yoghurt, low sodium or unsalted low fat cheese, low salt and low fat labnah and unsalted low fat laban.	Full fat milk and milk products, salty and regular cheese (eg: feta and akkawi) salty and regular labnah, buttermilk, jameed and eghet processed cheese products and food made from whole milk or cream (such as ice cream).
Meat and legumes	Fish (especially fatty fish, such as salmon, fresh tuna, king fish, or mackerel) lean cuts of meat (loin, leg, round, extra lean burger) and low sodium cold cuts made with lean meat or soy protein. Skinless poultry, dried beans and peas, lower sodium meat alternatives made with soy or textured vegetable protein, egg whites (whole eggs 2 to 3 times per week).	Canned or smoked meat, chicken and fish. Marbled or fatty meats (such as bacon, sausage, hot dogs, regular burgers), poultry with skin, high sodium cold cuts meat (such as luncheon salami) and Canned beans.

Food Group	Foods Recommended	Foods not Recommended
Fats, oils and nuts	Vegetable oils (soybean, olive, canola, sunflower, corn oil), unsalted seeds, avocado, unsalted nuts and nut butter.	Solid or hydrogenated cooking fats (shortening, butter, margarine and ghee, saturated oils (palm or coconut oil), salad dressing and mayonnaise.
Miscellaneous	Herbs and spices to add flavor to replace salt, unsalted popcorn, honey and jam, bread sticks and rusks.	Salt, seasoning mixes made with salt soy sauce, ketchup, barbecue sauce, Worcestershire sauce, canned or dried soups (except for low fat, low sodium types), stock cubes, soft drinks and snack foods made with hydrogenated oil, shortening or butter. High sodium snack foods (chips, pretzels, pastries, salted nuts), high fat and/or high sugar desserts, high fat gravy and sauces.



DASH (Dietary Approach to Stop Hypertension) Diet

The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet emphasizes vegetables, fruit and low fat dairy foods, and moderate amounts of whole grains, fish, poultry and nuts. It encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients such as potassium, calcium and magnesium that helps to lower blood pressure.

The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes. It also encourages weight loss.

The DASH Eating Plan		
Food Group	Daily Servings	Serving Sizes
Grains	6-8	1 slice bread. 30g dry cereal. ½ cup cooked rice, pasta, or cereal.
Vegetables	4-5	1 cup raw vegetables. ½ cup cooked vegetables. ½ cup vegetable juice.
Fruits	4-5	1 medium fruit. ¼ cup dried fruit. ½ cup fresh, frozen or canned fruit. ½ cup fruit juice.
Fat-free or low-fat milk and milk products	2-3	1 cup milk, laban or yogurt. 45g cheese.
Lean meats, poultry and fish	4- 6	30g cooked meats, poultry or fish. 1 egg.
Nuts, seeds and legumes	4-5 per week	1/3 cup or 45g nuts. 2 tbsp peanut butter. 2 tbsp seeds. ½ cup cooked legumes.
Fats and oil	2-3	1 tsp vegetable oil.
Sweets and added sugars	5 or less per week	1tbsp sugar. 1 tbsp jam. ½ cup sweetened juice . ½ cup jelly.

Food Label Language

Food labels can help you choose items that are lower in sodium, saturated fat, trans fat and cholesterol. Learn to check the following label information on all food packaging:

Phrase	What It Means
Sodium	Serving Sizes
Sodium free or salt free	Less than 5mg per serving.
Very low sodium	35mg or less of sodium per serving.
Low sodium	140mg or less of sodium per serving.
Reduced or less sodium/light in sodium	At least 25 percent less sodium than the regular type.
Unsalted or no salt added	No salt added to the product during processing (not sodium free).
Fat	
Fat-free	Less than 0.5g per serving.
Low saturated fat	1g or less per serving from saturated fat.
Low-fat	3g or less per serving.
Reduced fat	At least 25 percent less fat than the regular version.
Light in fat	Half the fat compared to the regular version.



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