

It's important to check the nutrition facts on the package, always given for a definite serving, not always the one you eat.

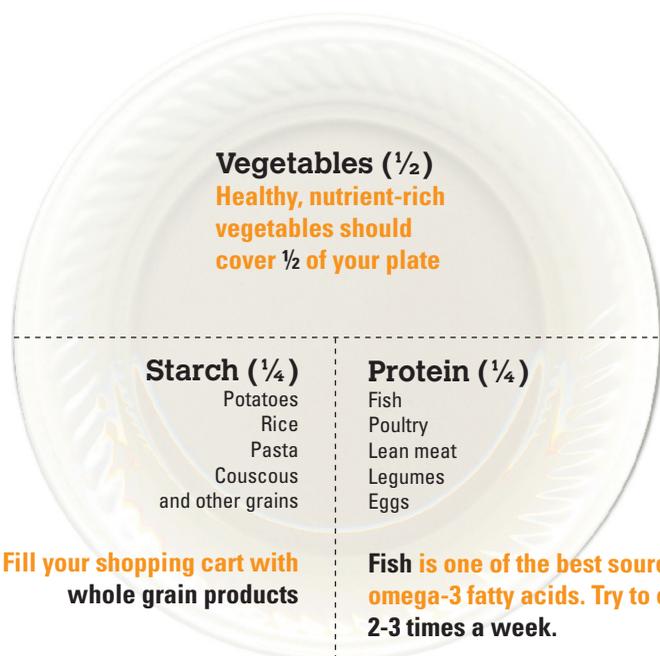
#### TODAY'S SPECIAL

Restaurant servings are often oversized and their content is beyond our control. Try to eat out less often.

### What's on your plate?

It's easy to follow the DASH diet, which integrates all of the Canadian healthy eating recommendations. How? Try to balance your plate at every meal, as shown below.

- The DASH diet, like *Eat well. Live well* Canadian Food Guide, is high in antioxidants, fibre, calcium, magnesium and potassium, but low in saturated fats, trans fats and sodium.
- Healthy weight management starts by eating 3 meals a day. Prepare your own healthy meals inspired by this well balanced plate.



Complement your balanced plate with 1 fruit + 1 low-fat dairy product

- One in five Canadian adults suffers from hypertension. The risk of developing high blood pressure increases with age.
- Nine out of ten people with normal blood pressure between the ages of 55 and 65 will become hypertensive if they live to 85.
- A DASH-type diet can reduce systolic blood pressure by 8-14 mmHg.
- 60 % of overweight individuals with normal blood pressure will develop hypertension within four years; 40% will become hypertensive within two years.
- With every kilogram of weight you loose, your blood pressure will drop by an estimated 1.1/0.9 mmHg.
- A low-sodium diet can reduce your risk of heart attack and/or stroke by 25 to 30 %.

Do you want to control your blood pressure by developing healthier eating habits? Consult this guide (only in french version)

#### Mon guide nutritionnel



For more information:  
[www.hypertension.qc.ca](http://www.hypertension.qc.ca)

An initiative of the Société québécoise d'hypertension artérielle

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WHAT YOU EAT affects your blood pressure...



SOCIÉTÉ QUÉBÉCOISE  
D'HYPERTENSION ARTÉRIELLE



## To prevent or control high blood pressure Here's what to do:

- Eat a healthy (DASH type) diet
- Be active every day
- Strive for or maintain a healthy body weight
- Reduce your sodium (salt) intake
- Drink alcohol in moderation
- Take your medication as directed
- Quit smoking

### Am I eating right?

- Do you eat the recommended number of servings of vegetables and fruits every day?
- Do you understand food product labeling?
- Do you know what food you should have in your shopping cart?
- How often do you eat in restaurants?
- Is there a difference between sea salt and table salt?
- What is the DASH diet?
- Is eating flax seed equivalent to eating fish?
- What is the best way to manage your weight?

A lot of questions can come up when you're interested in improving your diet.

### What about salt?

- Reducing your sodium intake can help lower your blood pressure.
- Try to limit your sodium intake to **2 000 mg** per day.
- An adequate sodium intake level is 1 500 mg for younger adults.
- Sodium is everywhere in our diet - it's not just in the salt we shake onto our food. Most of what we eat comes from an excessive amount of sodium added by the food industry in processed food.
- Read the labels and ingredient list. Check the nutrition facts on food packaging carefully to see how much sodium there is in each serving.

### Dare to compare! (Sodium content in mg)

Commercial chicken broth (250 ml)	800 mg and +
Homemade chicken broth (250 ml)	60 mg
Packaged/canned rice pilaf (125 ml)	860 mg
Converted rice, cooked without salt (125 ml)	0
Commercial Alfredo pasta sauce (250 ml)	1 645 mg
Pasta with homemade tomato sauce (250 ml)	120 mg
Restaurant fries, medium size	640 mg
Baked potato, medium	25 mg
Seasoned chicken wings (12)	2 560 mg
Unseasoned chicken breast (100 g)	50 mg
Lean ham (100 g)	1 200 mg
Pork tenderloin (100 g)	65 mg
Table or sea salt (1 teaspoon)	2 300 mg
Salt-free herbal seasoning	0

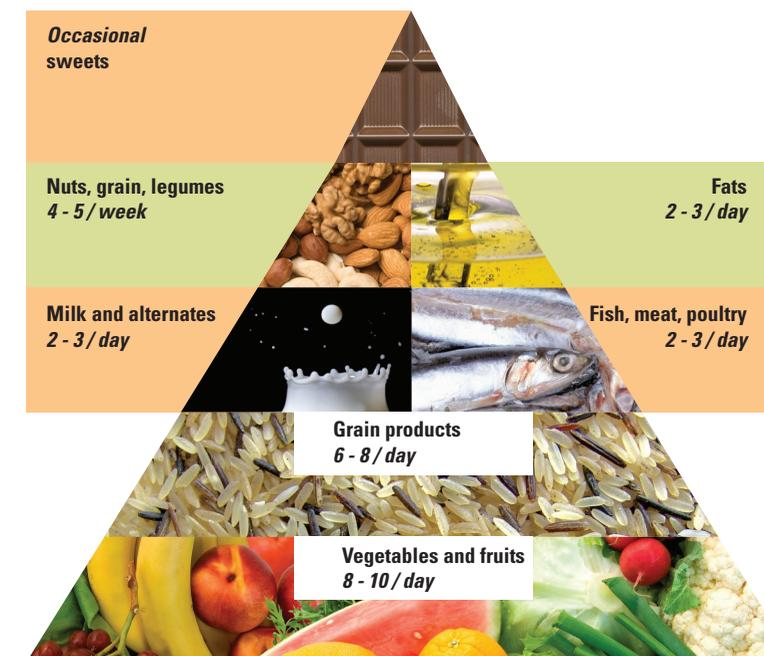
### What is the DASH type diet?

A research team showed that a diet rich in vegetables and fruits, including low-fat dairy products, whole grains, legumes, small servings of lean meat and very few sweets, could lower blood pressure.

**Adding a salt restriction to this model can make it even more effective.**

WHAT YOU EAT  
affects your blood pressure...

### The DASH diet



#### GUIDE OF PORTIONS - 1 serving size is equivalent to:

**Vegetables and fruits** = 125 ml fresh or frozen vegetables, 1 cup lettuce or other leafy greens, 1 medium fruit, 125 ml fresh, frozen or canned fruit, 125 ml juice  
**Grain products** = 30 g cereal, 1 slice of bread, ½ pita or English muffin, 125 ml pasta/rice/barley. All preferably with whole grains.  
**Milk and alternates** = 250 ml skimmed or 1% milk, 175 g low fat yogurt, 50 g low fat cheese  
**Fish, meat, poultry** = 100 g fish, skinless chicken, lean trimmed meat, 1 egg  
**Nuts, grain, legumes** = 125 ml legumes, 85 ml unsalted almonds, walnuts or peanuts  
**Fats** = 5 ml non-hydrogenated margarine, 15 ml homemade vinaigrette, 5 ml olive, canola oils...  
**Sweets** = jam, maple syrup, chocolate, cookies, cake, candy...

The number of servings adds up to a **daily intake of 2 000 calories**. Adjust the servings to suit your own energy requirements.

Try to choose **foods that are low in sodium**.