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.

Vegetables (¼)
Healthy, nutrient-rich vegetables should cover ⅓ of your plate

Starch (¼)
Potatoes
Rice
Pasta
Couscous
and other grains

Fill your shopping cart with whole grain products

Protein (¼)
Fish
Poultry
Lean meat
Legumes
Eggs

Fish is one of the best source of omega-3 fatty acids. Try to eat fish 2-3 times a week.

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)

For more information: www.hypertension.qc.ca

An initiative of the Société québécoise d’hypertension artérielle

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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.

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.

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

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