

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

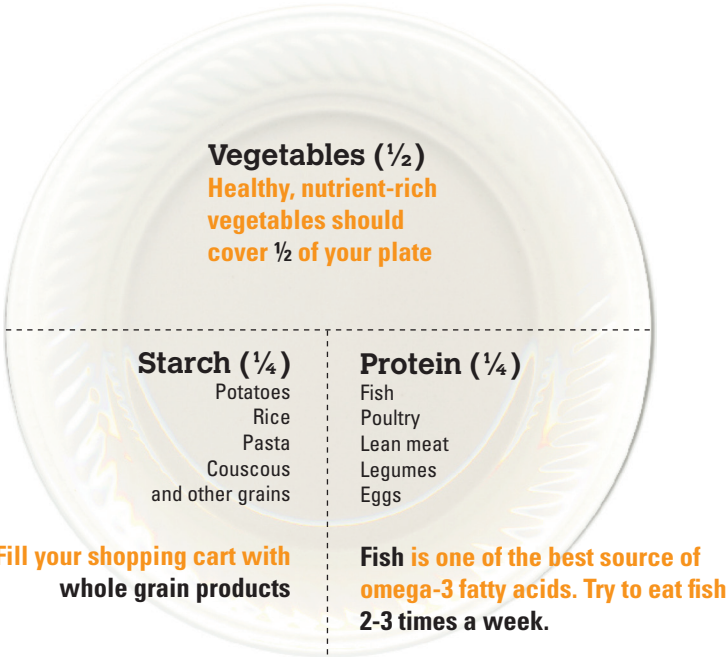
**TODAY'S SPECIAL**

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.
- The **balanced plate model** can be an important determinant in healthy weight management. Get inspired for your meals!



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

- In Canada, one in five adults has high blood pressure. The risk of developing this condition increases with age.
- A DASH-style diet can lower systolic blood pressure by 5 mm Hg.
- Reducing salt intake can crease the risk of stroke by 14%.
- Losing 5 kilograms of body weight can lead to a reduction of approximately 4.4 mm Hg in blood pressure.

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](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...





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

WHAT YOU EAT  
affects your blood pressure...

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 **2 300 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)

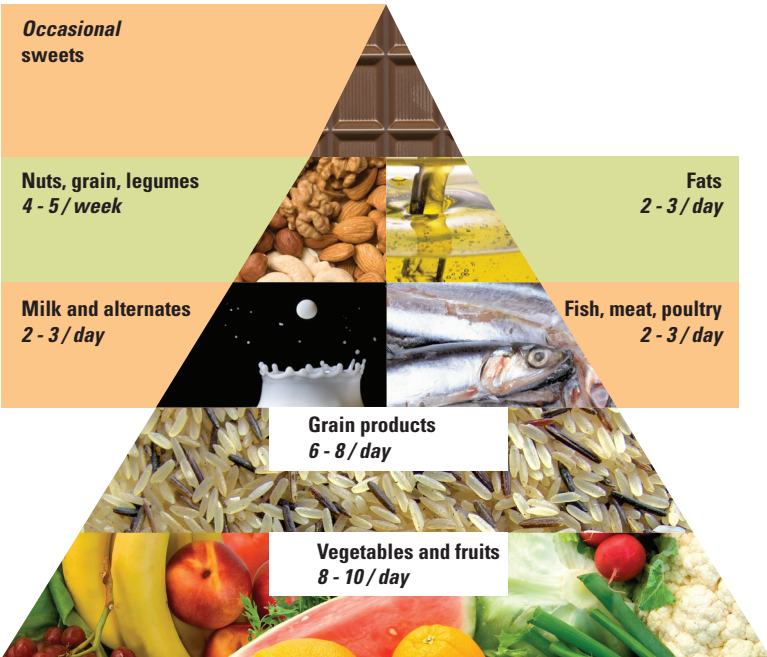
Commercial chicken broth (250 ml)	800 mg and +
Homemade chicken broth (250 ml)	60 mg
Packaged/canned rice pilaf (125 ml)	860 mg
Converted rice, cooked without salt (125 ml)	4 mg
Commercial Alfredo pasta sauce (250 ml)	1 645 mg
Pasta with homemade tomato sauce (250 ml)	120 mg
Restaurant fries, medium 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.

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**.