



Ideal blood pressure is under 120/80mmHg



1 in 3

Adults have high blood pressure

Did you know... If you're 40-74 years old, you should have blood pressure checked at least once every 5 years as part of the NHS health check.

Tips for high blood pressure -

- Reduce salt consumption.
- Eat fruit and veg regularly.
- Avoid tobacco.
- Reduce alcohol intake.
- Be physically active every day.

9TH-15TH September
Blood Pressure UK

Easing blood pressure symptoms yourself -

- Stand up slowly from sitting.
- Eat small, frequent meals – lying down or sitting still after eating may also help.
- Drink plenty of water.

£2.1B – that's how much high blood pressure costs the NHS yearly.

If you have been diagnosed with HBP seek advice from your GP on lowering it through diet, exercise, improving well-being and being kind to yourself. Healthcare professionals can also support you in your journey to quit smoking.



Symptoms of Low blood pressure -

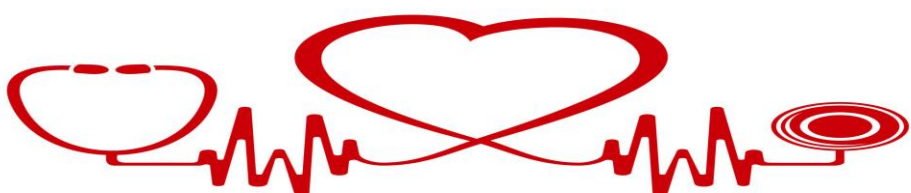
- Light-headedness/dizziness
- Feeling sick
- Feeling lethargic
- Blurred vision
- Generally feeling weak
- Confusion
- Fainting

Some causes of low blood pressure include but are not limited to...

- Pregnancy
- Certain medicines
- Medical conditions e.g. diabetes
- Inherited LBP

Did you know...

- 1 in 2 strokes and heart attacks are the result of HBP.
- Over 5 million people in the UK alone have HBP undiagnosed with or without little to no symptoms.



Blood Pressure - Diet Do's And Don'ts



Studies have shown that one of the effects of **nitrate**s is to lower blood pressure. Beetroot juice as well as other fruit and veg including spinach, kale and bananas is an example of these.

All fruit and veg also contain **potassium**, which can also contribute towards lowering blood pressure.

Wholegrains such as brown rice contain more nutrients and **fibre**. Consuming more fibre has been linked to a lower risk of heart and circulatory diseases. Try including other high-fibre foods, such as beans and lentils, nuts and seeds, and fruit and vegetables.



Salty foods is another factor which plays a part in our blood pressure. The recommended amount of salt per day is one teaspoon, but many people have more than this.



When **serving food** consider filling up half the plate with fruit, e.g. or salad. This will help to fill up you but also limit portion size without making you feel short-changed.

Dressings/ Toppings – Consider healthier alternatives for your garnishes. For example, you could try using reduced- fat cheese.

What else can help lower my blood pressure?

Diet is one of a few factors when it comes to reducing blood pressure.

Medicines, physical activities, quitting smoking and maintaining a **healthy weight** all play an important role.

Cut down sugars and fats If your diet is too high in calories, this could overtime lead to excess weight gain increasing risks of heart disease and diabetes type 2. Use healthier unsaturated fats carefully. All fats are high in calories so should therefore be consumed in small amounts.

