

Guidance for Hypertension Prevention and Wellness:

1. Weight management

Find your Ideal Body weight and maintain + 5 / -5 kg

Waist Circumference is very important tool to prevent all NCD (Non-Communicable Disease)

Male < 90 cm

Female < 80 cm

2. Prevention of HTN

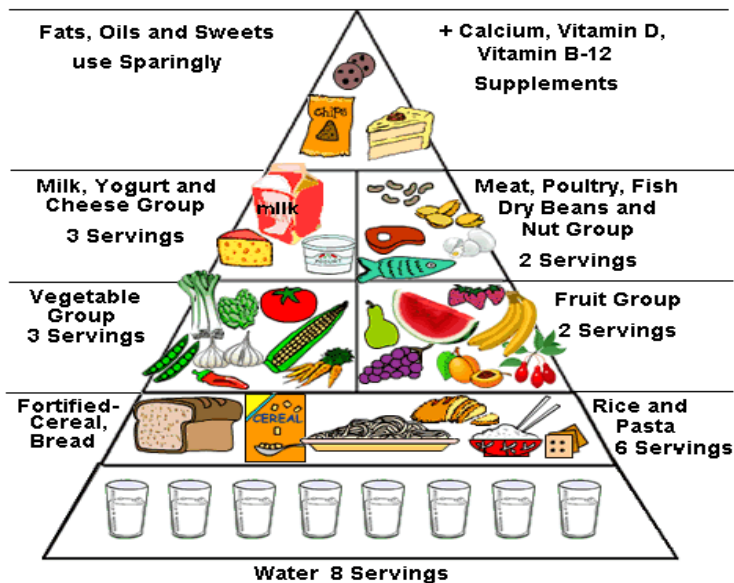
Watch for Symptoms. Monitor you BP. Talk to your Doctor

Lifestyle Management is first step to prevent BP, if increased BP than Medications will help

3. DASH Diet

Dietary Approach to stop Hypertension

- Eating more fruits, vegetables, and low-fat dairy foods
- Cutting back on foods that are high in saturated fat, cholesterol, and total fat
- Eating more whole grain products, fish, poultry, and nuts
- Eating less red meat and sweets
- Eating foods that are rich in magnesium, potassium, and calcium.
 - Dash sodium diet – reduce salt to 1,500 mg (about 2/3 tsp/day)
 - 2,400 mg(1 tsp) to 1,400 mg(2/3tsp)













- **Energy** – Management for good weight
- **Protein**- 0.6gm/kg wt. Keep it normal
- **Fats** – 15- 20gm oil /daily MUFA OR PUFA(omega 3, omega 6)
- **Fibers** – Add Adequate fruits and vegetables as mentioned.
- **Sugar** – Avoid as it increased weight and inversely affect HTN
- Few food good for HTN are Garlic, antioxidants, nuts like almonds, walnuts, flaxseeds.

Salt:

- Allowed salt : 5 gm /daily(1 tsp)
- Sodium : 2 gm /daily
- Avoid processed , preserved and top salt

Exercise: Active lifestyle is key to good health

Hydration: Optimum hydration of 2.25 litre /day

Food Groups	Foods	Rescited Allowed Amount
Cereals 	Nil	As per your energy allowance
Pulses 	Red Gram Dal	1 Serving / Day
Milk & Milk Products 	Cow's Milk And Whole Buffalo milk And milk products.	To be avoided.
Vegetable 		4 Serving / Day
Fruits 		2 – 4 Serving / Week
Non-Ve 	Red meats like Mutton, Organ meats like Liver, Kidney, Brain, Egg yolk, Shell Fish, Prawns, Lobsters, Ham, Bacon, Sausages, Pork, and Beef.	To be avoided
Nuts & Oilseeds 	All nuts & oilseeds, Coconut, Cashews, Pista etc.	3 Serving / Week
Oils 	Coconut oil, Butter, Ghee, Vanaspati.	Use Mixtures of Oils: Fish-eaters: - Sunflower / Safflower Non-Veg eaters: - Olive + Soya + Corn + Groundnut (Throughout the year) Vegetarians: - Corn / Rice bran Oil.
Others 	Fried foods & Snacks like Samosa, Wada, Wafers, Bhajia, Farsan, Salty foods, Chocolates, Papad, Pickles, Tinned/ Preserved foods, Bakery items, Cakes, Pastries, Cold drinks, Alcohol etc.	
Salt 	To be eaten in very small amounts. No added top salt. All salt containing and preserved foods to be avoided.	

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