

BEST PROVEN LIFESTYLE INTERVENTIONS FOR PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE

Normal
<120/<80

Elevated
120-129/<80

High Blood Pressure
>130-139/>80

Lifestyle Changes and their approximate lowering of systolic blood pressure (the "top number")		
 WEIGHT LOSS	In many overweight people (BMI of 25 or greater), as little as a 10 lb weight loss can lower blood pressure. Expect at least a 1 point drop for every 2.2 lbs lost.	2 - 5 mmHg
 HEALTHY DIET	Aim for a diet rich in fruits, vegetables, whole grains, and low-fat dairy products (the "DASH" diet). Minimize saturated and trans fats.	3 - 11 mmHg
 REDUCED SODIUM INTAKE	Ideally, limit sodium intake to 1,500 mg or less per day, but most adults should decrease by at least 1,000 mg per day. Remember most of the sodium in our diets comes from packaged, processed foods, not the salt shaker.	2 - 6 mmHg
 INCREASE DIETARY POTASSIUM INTAKE	Include potassium-rich foods such as bananas, oranges, cantaloupe, spinach, broccoli, potatoes, sweet potatoes, and others.	2 - 5 mmHg
 PHYSICAL ACTIVITY	For most healthy people, strive for at least 150 minutes, spread throughout the week, of moderate-intensity physical activity that raises your heart rate, like brisk walking. Include flexibility and stretching exercises, along with muscle-strengthening activity at least 2 days each week.	4 - 8 mmHg
 LIMIT ALCOHOL INTAKE	No more than 2 drinks a day for men and no more than 1 drink a day for women. A drink is 12 oz beer (5% alcohol), 4 oz wine (12% alcohol), and 1.5 oz 80-proof or 1 oz 100-proof spirits.	3 - 4 mmHg
ADDITIONAL INFORMATION	Other common outside sources that may raise blood pressure: <ul style="list-style-type: none"> • Caffeine • Decongestants (Sudafed, some cough and cold products, anything with a "D" at the end, others) • NSAIDs (Advil-ibuprofen, Aleve-naproxen, meloxicam, others) 	