



HOW TO REDUCE HIGH BLOOD PRESSURE

- **Cut your salt intake to less than 6g (0.2oz) a day**

Taste food before adding salt – it may not need it.

Use herbs, spices or black pepper to add flavour when you are cooking.

Get out of the habit of adding salt to food at the table.

Try not to use salt alternatives.

The following foods are almost always high in salt.

- Anchovies or prawns
- Bacon, ham or salami
- Smoked meat and fish
- Cheese
- Gravy granules or stock cubes
- Olives
- Pickles
- Salted and dry-roasted nuts
- Soy sauce

In the following foods, the salt content can vary widely, so you should check the labels:

- Bread products such as crumpets, bagels and ciabatta
- Pasta sauces
- Crisps
- Pizza
- Ready meals
- Shop bought soup
- Shop bought sandwiches
- Sausages
- Tomato ketchup, mayonnaise and other sauces
- Breakfast cereals

- **Eat a low-fat, balanced diet, with plenty of fruit and veg**
- **Drink less caffeine** – found in coffee, tea and cola
- **Be active** - aim for 150 minutes of moderate physical activity per week
- **Cut down on alcohol**
- **Lose weight**
- **Stop smoking**
- **Get at least six hours of sleep a night if you can**
- **Avoid stressful situations or learning stress management techniques**