



Nutrition Session 3

High Blood Pressure

Nutrition and Lifestyle for Seniors



Welcome

- Ayanna Smart, RD
- Work with seniors, many living with high blood pressure
- Originally from Trinidad and Tobago



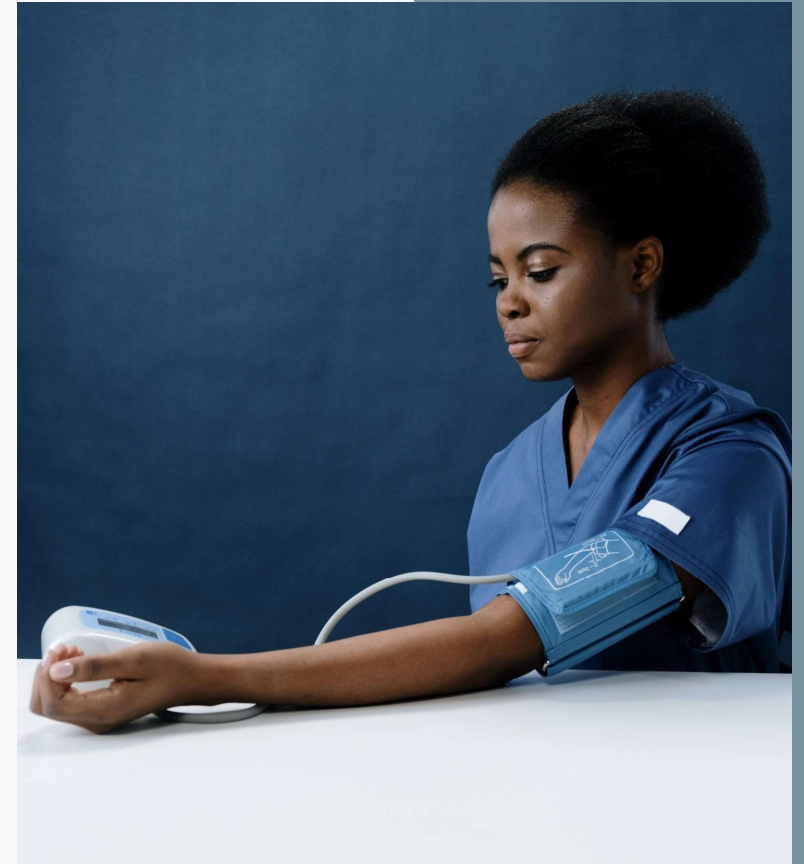
Ayanna Smart

Registered Dietitian



Today's Session

- What is Blood Pressure and High Blood Pressure?
- Nutrition
 - Foods That Affect Your Blood Pressure
 - The DASH diet and salt
 - Other factors: Exercise and Alcohol
- Blood Pressure Monitoring



What is Blood Pressure?

- Blood pressure is a measure of how hard your blood pushes against your blood vessels.
 - There is a higher pressure when your heart beats (systolic)
 - There is a lower pressure between beats (diastolic)
- A normal blood pressure is around 120/80 mmHg.



Diagnosing high blood pressure

- Elevated blood pressure is 135 or more for systolic and 85 or more for diastolic.
- Why do you need a 24-hour blood pressure monitor?
 - White coat hypertension
 - High blood pressure only in the Dr office
 - Masked hypertension
 - Normal blood pressure only in Dr office



Why does high blood pressure matter?

- Over time high blood pressure damaged blood vessels
- Damages organs like
 - Brain
 - Eyes
 - Kidney
 - Heart



How can this affect your body?

- Increased risk of
 - Stroke
 - Vascular Dementia
 - Eye damage (retinopathy)
 - Chronic Kidney Disease
 - Heart attack, Heart Failure



BRAIN
Cerebrovascular disease
Dementia



EYES
Hypertensive
Retinopathy



KIDNEYS
Chronic Kidney Disease



HEART
Left Ventricular Dysfunction
Left Ventricular Hypertrophy
Coronary Artery Disease

Can you feel high blood pressure?

- No!
- People who are diagnosed with high blood pressure often say that they feel fine
- You actually can't feel high blood pressure
 - It will still do damage.

What increases risk of high blood pressure?

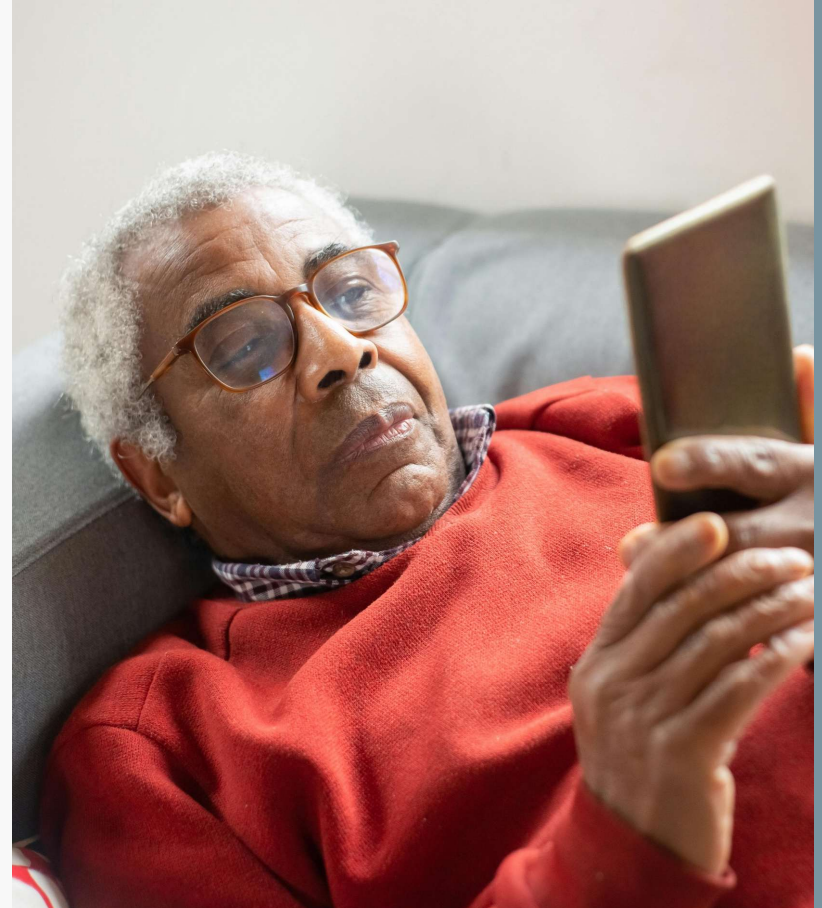
Some risk factors cannot be changed

- Family history
- Age
 - High blood pressure rates increase with age

What increases risk of high blood pressure?

Some risk factors CAN be changed

- What we eat
- How much salt we use
- Whether we move our bodies regularly
- Whether we smoke or drink alcohol
- How well we manage stress



What about medications?

Your doctor may prescribe you medications

- You may still need medications even if you make lifestyle changes
- Taking medications does not mean that you don't need to make lifestyle changes



Nutrition and High Blood Pressure



Salt and Sodium

- Salt is a major factor in high blood pressure
 - Salt raises blood pressure
- If you have high blood pressure, aim for 2000 mg sodium a day (5 g salt)
- Most Canadians eat over 3,400 mg per day



How to eat less salt

When shopping:

- Choose low sodium or no salt added
- Look for items with
 - Less than 120 mg sodium per serving
 - 0-5% sodium per serving



Nutrition Facts

Serving Size 1/2 cup (57g)
Servings Per Container 15

Amount Per Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Potassium 250mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 18g

Protein 5g

How to eat less salt

- Pay attention to hidden sources of sodium
 - Canned foods, Pre-made soups/ stews, premade sauces
- Cook at home more often
 - Do not add extra salt, use less bouillon
- At the table salt-free flavouring like Mrs Dash



Where is the sodium in your food?

- Salted meats
 - Kako, Koobi, Corned beef
 - Rinse to remove as much salt as possible
- Stock cubes or bouillon powders
- Canned foods
 - Rinse, look for low sodium options
- Fast foods



Eating to Lower Blood Pressure

- DASH diet
 - Lowers blood pressure even if you already have hypertension
 - DASH stands for:
 - Dietary Approaches to Stop Hypertension



What does DASH look like?

- Lots of vegetables and fruits
- Whole grains
- Nuts, seeds and legumes
- Lean meats
- Less fats/oils
- Less sodium
- Fewer sweets



How much to eat (Vegetables)

- If you weigh 155 lbs, 4-5 servings of vegetables daily
- If you weight 122 lbs, 3-4 servings of vegetables daily
- One serving of vegetables:
 - 1 cup of leafy vegetables or half a cup of raw or cooked vegetables
 - Aim for soups and stews with lots of spinach, okra, garden eggs, ayoyo, cocoyam leaves, tomatoes



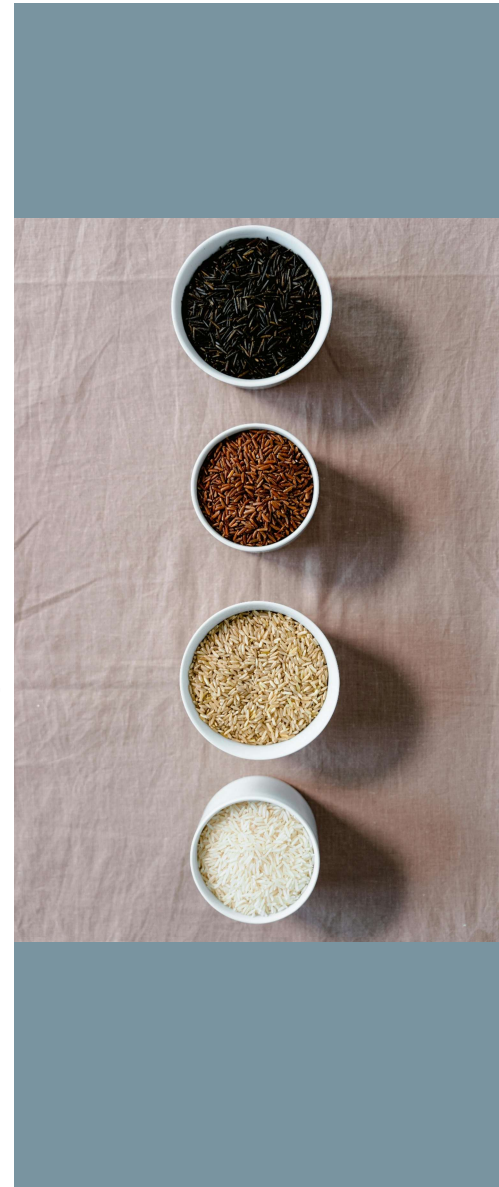
How much to eat (Fruits)

- If you weigh 155 lbs: 4-5 servings of fruits daily
- If you weigh 122 lbs: 4 servings of fruits daily
 - One serving is 1 medium sized fruit



How much to eat (Whole Grains)

- If you weigh 155 lbs: 6-8 servings of whole grains daily
- If you weigh 122 lbs: 5-6 servings of whole grains daily
- One serving:
 - A ½ cup rice, ½ cup Tuozaafi, ½ cup Fufu, ½ cup Fonfom, one slice whole grain bread



How much to eat (Meat, Fish, Eggs)

- If you weigh 155 lbs: 6 servings a day
- If you weigh 122 lbs: 3-4 servings a day
 - One serving is 1 oz beef, pork, goat, lamb, chicken, turkey, tripe, fish and other seafood, or one egg.
- Wash or soak salted fish to reduce salt before adding to dishes



How much to eat (Dairy)

- If you eat dairy:
 - If you weigh 155 lbs: 2-3 servings a day
 - If you weigh 122 lbs: 2-3 servings a day
 - One serving is
 - 1 cup of milk
 - 1 cup of yogurt
 - 1 ½ ounces of cheese



How much to eat (Nuts, Legumes)

- If you weigh 155 lbs: 4-5 servings a week
- If you weigh 122 lbs: 3-4 servings a week
- One serving is:
 - 1/3 of a cup of nuts (unsalted)
 - 2 tablespoons of peanut butter
 - ½ cup of cooked beans or lentils



How much to eat (Fats and Oils)

- If you weigh 155 lbs: 2-3 servings daily
- If you weigh 122 lbs: 1-2 servings daily
- One serving is
 - 1 teaspoon of margarine
 - 1 teaspoon of vegetable oil, palm oil, coconut oil, shea butter, peanut oil
 - 2 tablespoons of salad dressing



How much to eat (Sugar and Salt)

- Sweets
 - If you weigh 155 lbs: 5 or fewer servings a week
 - If you weigh 122 lbs: 3 or fewer servings a week
 - One serving is
 - 1 tbsp sugar, 1 tbsp jelly or jam, ½ cup sorbet
- Sodium (salt)
 - 2000 mg per day



Putting it into practice

- Make a common meal (might be any starch (like fufu) and a soup with some meat) more DASH-friendly:
 - Load up the soup with more vegetables
 - Remember ½ a cup of rice or fufu is one serving.
 - If you have 5-6 servings a day, 1 cup is enough.
 - Trim visible fat off the meat
 - Use less salt and more spices.
- Have fruits and occasionally nuts as snacks



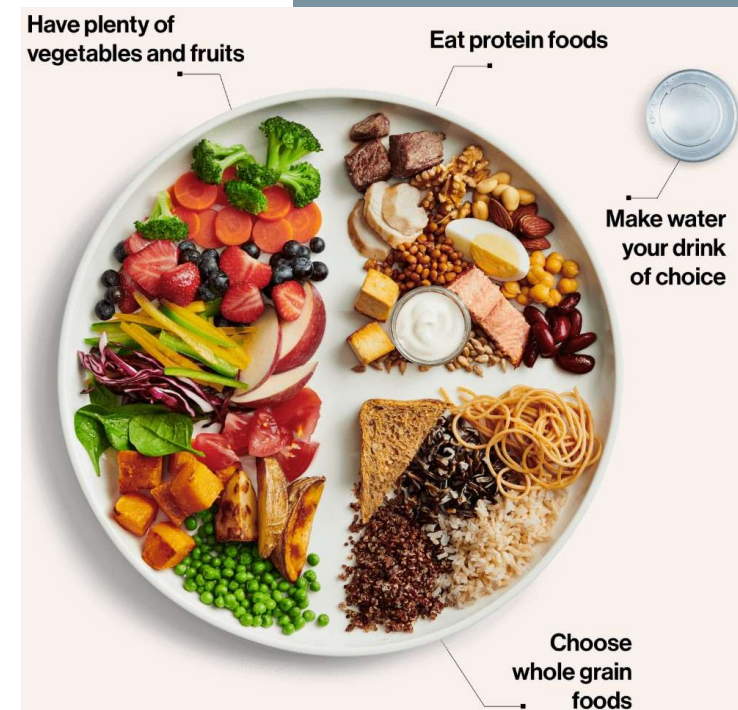
Weight is also important

If you are overweight, losing 5-10% of body weight can make a big difference to your blood pressure.



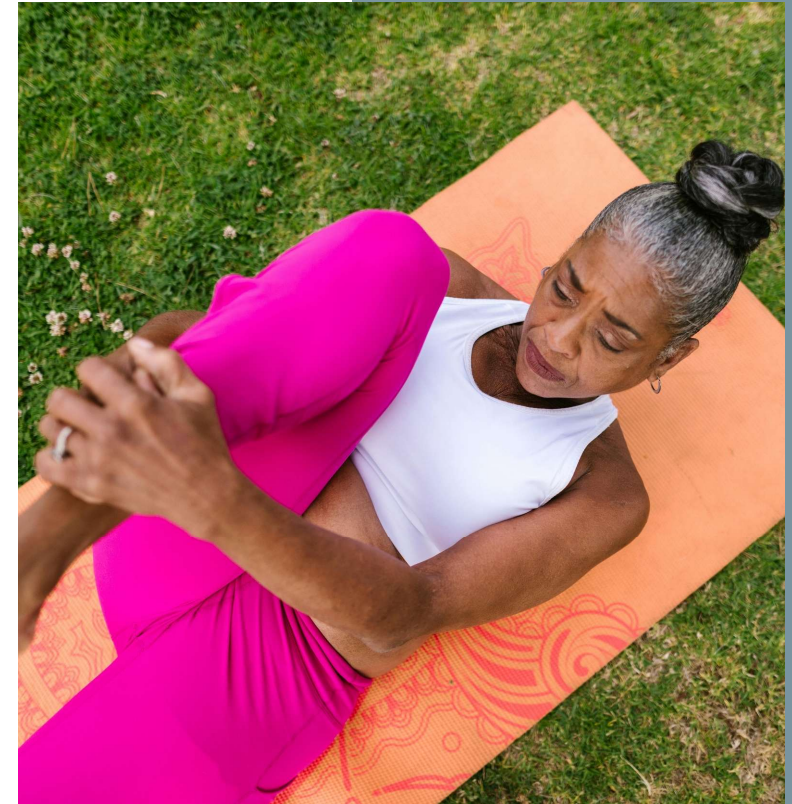
Weight is also important

- Making meals that are balanced and more filling
 - Increase the amount of fiber in your meals
 - More vegetables, fruit and whole grains
 - Make sure there's some protein at your meal.
- Use the plate method
 - $\frac{1}{2}$ of your plate is fruits and vegetables
 - $\frac{1}{4}$ of your plate is lean protein
 - $\frac{1}{4}$ of your plate has whole grains.



Exercise and Movement

- Exercise helps reduce the risk of becoming hypertensive
- Exercise helps people with hypertension to reduce their blood pressure
- Exercise is moving your body every day
 - Aim for 30-60 minutes of moderate intensity exercise, 4-7 days of the week
 - Participating in a walking group



Alcohol

- Too much alcohol can raise blood pressure
- If you drink often, reducing how much you drink to the recommended amount could
 - Reduce your systolic blood pressure by 3.9 mmHg
 - Reduce your diastolic blood pressure by 2.4mmHg.



Alcohol – how much is recommended?

The recommendation is:

- No more than 2 standard drinks per day for men
- No more than 1 standard drink per day for women
- Several alcohol-free days per week

How much is a standard drink?

- One 12 oz glass of beer
- One 5 oz glass of wine
- 1.5 oz of spirits (rye, gin, rum), or one shot

Medication and Monitoring

- Even when you eat well, you may still need medication
- Keep track of your blood pressure at home
 - Most common target goal: less than 140/90
 - People with diabetes: less than 130/90
 - Remember diabetes is also a risk factor for cardiovascular disease
- People at high risk for heart disease: less than 120 systolic



What can you do today?

- Follow DASH diet recommendations:
 - Cut down on sodium.
 - Eat more vegetables
 - Choose whole grains more often
 - Have fruits and occasionally nuts for snacks
 - Choose lean proteins
- Move your body every day
- Limit alcohol and maintain a healthy weight.
- Take your medications as prescribed and keep monitoring.

Resources

- Handout of this presentation
- DASH diet Handouts:
 - 1400 - 1600 calories a day (for about 122 lbs)
 - 1800 – 2000 calories a day (for about 155 lbs)
 - 2600 calories (for about 208 lbs)

Questions from last session

- Homework from last week: Nutrition of Fufu



Thank You



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- Thank you for being here!
 - Next session:
 - Post Surgery Nutrition
 - Jun 18th
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