

You may have high blood pressure!



- ♥ Someone in your family could have high blood pressure and not know it.
- ♥ High blood pressure can cause a heart attack or brain attack (stroke).
- ♥ **Get your blood pressure checked**



Normal blood pressure is less than 120/80.

High blood pressure is 140/90 or higher.

- ♥ **Eating too much salt and sodium can make your blood pressure high.**

Here's how to eat less salt and sodium:

♥ Eat fresh food



♥ Season your food with herbs and spices, not salt



♥ Take the salt shaker off the table



♥ Look for foods that say:
no salt added
sodium free
low sodium
reduced sodium



♥ Compare how much sodium is in foods and choose the lowest one



Most people need to eat less salt and sodium.

Do you check food labels for sodium?

♥ Choose foods that have the lowest sodium:

Nutrition Facts

Serving Size 2 tortillas (51 g)
Serving Per Container 6

Amount	Per Serving	% Daily Value*
Calories	110	Calories from Fat 10

Total Fat	1g	2%
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Saturated Fat	0g	0%
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Trans Fat	0g	
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Cholesterol	0mg	0%
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Sodium	30mg	1%
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Total Carbohydrate	22g	7%
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Dietary Fiber	2g	9%
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Sugars	0g	
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Protein	2g	
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Vitamin A	0%	Vitamin C	0%
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Calcium	2%	Iron	4%
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	30mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Look for this word

Keep this as low as possible and less than 20%

♥ All the foods you eat plus any salt you add should have **less than 2,300 mg of sodium (1 teaspoon)** each day.



If you have or are at risk for high blood pressure (hypertension), keep your sodium to 1,500 mg each day.



Equal opportunity programs

For more healthy eating information contact the University of Maryland Cooperative Extension Office in Baltimore County at 410-666-0445. www.BaltimoreCounty.umd.edu