

# 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).

**Normal blood pressure is less than 120/80**

**High blood pressure is 140/90 or higher**

Write down your blood pressure when you get it checked:

Date: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

If you don't have a doctor, call the Baltimore County Health Department (410-887-3740) to find a health center near you. Or, stop by your local fire station to have your blood pressure checked.

## 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

Drain and rinse canned beans and vegetables.

**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)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

\* 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 **Sodium** 30mg **1%** 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](http://www.BaltimoreCounty.umd.edu)