

4 Quick Tips to Lower Blood Pressure



MY LIFE NURSE

Reduce Fast Food

Start reducing the amount of fast food in your diet. Sodium is not just on the french fries. All fast food meat contains very high levels of salt to help it cook and digest quickly. Start making a dent today - cut 1 fast food meal a week and set a goal to make it an occasional treat in a few weeks.



Eat Real Food

Fake food is abundant around us. Start bringing more real food into your diet. Fruit, vegetables, and packaged items with ingredients you have in your pantry. Fake food (packaged & processed foods) are loaded with sodium to extend shelf life. But it is bad for blood pressure and your life!

Reduce Fried Food

Most of us love fried food. We might remember our parents making awesome fried chicken. That's okay once in a while. But restaurant fried food is loaded with sodium. It's not just in the meat - it's also in the breading. Salt is inexpensive to add and tastes good. But it's too much!



Notice Serving Size

Start noticing your food portions. Compare it to the recommended serving size, then work on eating a serving size of whatever you usually eat (do this now - before you even begin to change anything else in your diet and you'll save sodium AND calories immediately!).