

6 Tips To Lower Your Blood Pressure

1 MAINTAIN A HEALTHY WEIGHT

- Keep your weight within the healthy range.
- Normal Asian BMI range: 18.5kg/m² - 22.9kg/m²

2 ADOPT HEALTHY EATING PLAN

- Follow DASH diet
- Limit sodium & high fat foods.

3 LIMIT CONSUMPTION OF ALCOHOL

- ♂ Men: 2 units / day
- ♀ Women: 1 unit / day

* 1 unit = 360ml of light beer / 240ml of regular beer / 120ml of wine / 45ml-60ml of liquor

4 BE PHYSICALLY ACTIVE

Exercise 30 minutes a day, with the minimum of 3 sessions/week

5 QUIT SMOKING

6 TAKE PRESCRIBED DRUGS AS DIRECTED

You still need to follow the lifestyle changes if you need drugs to help lower your blood pressure

Sodium content of commonly consumed foods in Malaysia:

Food	Sodium Content
Asam Laksa (1 bowl)	2,653mg
Seafood Tomyum Soup (1 bowl)	2,638mg
Mee Goreng (1 plate)	2,607mg
Lor Mee (1 bowl)	2,538mg
Curry Mee (1 bowl)	2,456mg
Nasi goreng pattaya (1 plate)	2,435mg
Prawn noodles (1 bowl)	2,427mg
Mee Bandung (1 bowl)	2,219mg
Pan Mee soup (1 bowl)	2,197mg
Mee siam (1 plate)	2,024mg
Kway teow goreng (1 plate)	1,968mg
Bee Hoon Soto (1 bowl)	1,537mg
Claypot Rice (1 bowl)	1,416mg
Gado gado (1 plate)	1,083mg
Chicken Kebab (1 piece)	725.1mg

Ref: Singapore Energy & Nutrient Composition of Food

For individualised dietary counselling, please make an appointment with the dietitian.

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For internal circulation only.



DASH

Dietary Approaches to Stop Hypertension



What is Hypertension?

- It is a condition whereby there is **persistent elevation of systolic pressure of ≥ 140 mmHg and/or diastolic pressure of ≥ 90 mmHg.**
- It leads to coronary heart disease, heart failure, atherosclerosis, stroke and kidney failure.

Categories of Blood Pressure are as below:

Categories of Blood Pressure	Systolic Pressure/ mmHg (upper)	Diastolic Pressure/ mmHg (lower)
Normal	<120	<80
Pre-hypertension	120 - 139	80 - 89
Hypertension (Stage 1)	≥ 140	≥ 90
Hypertension (Stage 2)	≥ 160	≥ 100

Dietary Modification for Hypertension

Limit Daily Salt Intake

- Recommendation for salt intake: 1,500mg/day (< 1 teaspoon)
- Limit consumption of:

Tips to reduce Salt / Sodium intake:

Use fresh poultry, fish and lean meat rather than canned, smoked, or processed meats.



Use herbs, spices and salt-free seasonings in cooking and at the table.



Reduce consumption of preserved and salted foods.



Take less gravy from cooked dishes.



Compare the food labels before buying.

Cracker A		Cracker B	
Nutrition Facts		Nutrition Facts	
Per 9 crackers (23 g)		Per 4 crackers (20 g)	
Amount	% Daily Value	Amount	% Daily Value
Calories 90		Calories 85	
Fat 4.5 g	7 %	Fat 2 g	3 %
Saturated 2.5 g	13 %	Saturated 0.3 g	2 %
+ Trans 0 g		+ Trans 0 g	
Cholesterol 0 mg		Cholesterol 0 mg	
Sodium 275 mg	12 %	Sodium 90 mg	4 %
Carbohydrate 12 g	4 %	Carbohydrate 15 g	5 %
Fibre 1 g	4 %	Fibre 3 g	12 %
Sugars 0 g		Sugars 1 g	
Protein 3 g		Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %	Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %	Calcium 2 %	Iron 7 %

DASH Diet

INCREASE FOOD HIGH IN



Potassium (>3500mg)

Potassium helps reduce blood pressure and lower the risk of stroke.



Calcium (1,000- 1,500mg)

Choose low-fat or fat-free cheese, yogurts & milk products.



Magnesium

Magnesium helps your heart, muscles & immune system function properly.



Fiber

Take at least 3 servings of vegetables a day and make half of your grain whole.

LIMIT FOOD HIGH IN



SODIUM



FAT