

HYPERTENSION DIET

When BP is >120 / 80

Sodium is >137

timing	Menu	household measures
8:00 am	upma / poha / lapsi/	2 Bowl
	phulkas / khakra /	1 Bowl
	Dosa	1 no
	Idli	2 no.
	tea / coffee (with sugar -2tsp)	1 cup
10:00 am	Fruit	1 no.
1:00 pm	rice/pulav/ khichdi	1 Bowl
	rotis/ phulkas/paratha/thepla	2 no.
	dal / pulses/soy / paneer / chicken	1 Bowl
	curds/buttermilk	1 Bowl
	veg / salad	1 Bowl
5:00pm	tea / coffee(with sugar-1 tsp)	1 cup
9:00 pm	rice/pulav/ khichdi	1 Bowl
	rotis/ phulkas/paratha/thepla	2 no.
	dal / pulses/soy / paneer / chicken	1 k
	curds/buttermilk	1 Bowl
	veg / salad	1 Bowl
10:00 pm	milk	1 cup

DASH DIET:

Modification	Recommendation	Approximate reduction in systolic blood pressure
Dietary sodium reduction.	Reduce dietary sodium intake to 2 grams of sodium or 4 grams of salt.	2-8 mm Hg.
Limit alcohol consumption.	Limit consumption of no more than 1 drinks per day .	2-4 mm Hg.
Weight loss.	Maintain body weight between normal BMI range, that is, < 23.	5-20 mm Hg per 10 kgs weight loss.
Restrict total fat intake.	Reduce intake of saturated and trans fat and increase intake of monounsaturated fat and omega-3 fat. Also consume low fat dairy products.	
Exercise.	Engage in regular exercise or physical activity such as brisk walk or jogging for at least 30 minutes per day or 150 minutes per week.	4-9 mm Hg.
Increase fruit and vegetable consumption.	Consume at least 2 servings of fruits and 3-4 servings of vegetables daily.	

Guidelines for Hypertension-

1. Avoid Table salt, baking soda, Ajinomoto, bakery products, Papad, Pickle, preserved, refined & processed food items, Maida preparations, fried items, salted butter, cheese, sauces, packet soups, packaged foods , ready to eat food products , soup cubes, tinned and canned foods.
2. Use (1/2) half teaspoon of salt for the entire day's cooking
3. Include sodium adjuncts in diet such as tamarind, tomato, Kokam, and dry mango powder.
4. Weight loss is an effective means of lowering blood pressure in hypertensive individuals. for each kilogram of weight lost, reductions in SBP and DBP of approximately mm hg are expected.
5. Hypertensive patients who weigh more than 15 % of ideal body weight should be placed on an individualized weight-reduction program that focuses on both Hypocaloric dietary intake and exercise.
6. Drink clean water and Hydration important unless Doctor has advised the Water & Salt restriction Specially for Heart Failure Patients.
7. Eat meals on time and avoid skipping meals as this may lead to build up of cravings and may end up eating more of the wrong foods.
8. Restrict Indian sweets like Barfi, Jalebi, Mithais, etc.
9. Exercise regularly as per dietician advice.