



Eating to Lower BP

Eating to Lower Blood Pressure Collection

Hypertension is sometimes called the “silent killer” due to the lack of signs or symptoms associated with abnormal levels. This collection of information helps to spread awareness on the importance of monitoring blood pressure, and how to manage the diagnosis of hypertension through nutrition and lifestyle factors.

Details

Professional Level for the Toolkit:

- Health Coaches
- Nurses
- Dietitians
- Community Health Workers

Suggested Professional Use:

- For the Toolkit
 - 1:1 Coaching
 - Group presentations
 - Digital engagement
- Website access for the Journey

Comprehension Level for the Journey:

- Adult Consumer

Stages

Stage 1

Learning the Basics

Stage 2

Developing New Habits

Stage 3

Overcoming Obstacles

Stage 4

Reflect and Review

Toolkit Items

Stage 1

1. Right Size your Portions
2. Eating for a Healthy Heart
3. Basics of High Blood Pressure

Stage 2

1. Snack Attack
2. DASH Diet
3. Eating Nutrient Dense Foods
4. Nutrition Terms Cheat Sheet
5. Meal Planning for 1

Stage 3

1. Identifying Hidden Calories

Stage 4

1. Health Survey - Blood Pressure
2. Take it to Heart
3. Tips for Reducing Sodium Intake

Journey Items

1. Dining Out Tips: Keeping Sodium in Check
2. 6 Tips for Preventing High Blood Pressure
3. Shopping on a Budget
4. Grocery Store Guide
5. The Food Label Made Simple
6. MyPlate Meal Planning Tool
7. Eating Out! Fast Food & Friends
8. Heart Healthy Video
9. Low Sodium Snack List