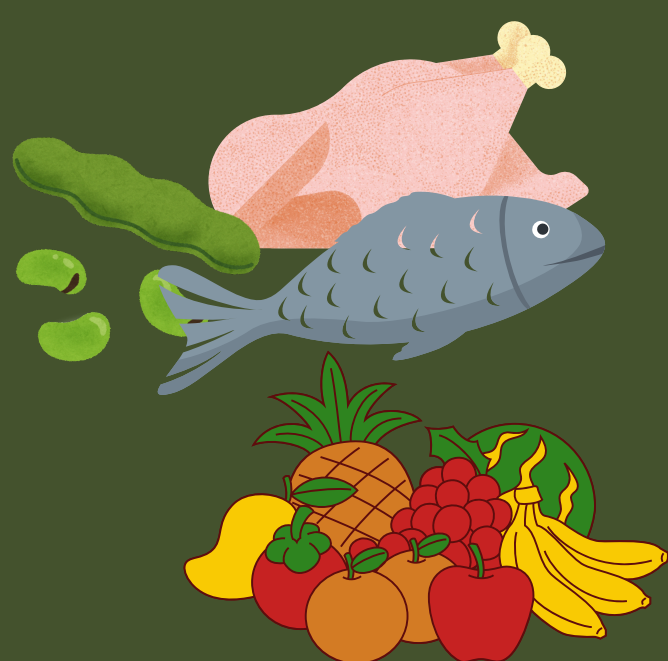




High Blood Pressure: What care should I take?

Healthy lifestyle



Choose healthy diets

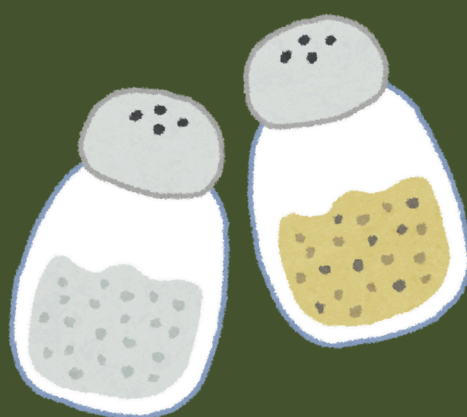
The most recommended eating plan for people with high blood pressure is usually the **Mediterranean diet**.

- Increase the consumption of vegetables, fruits, and low-fat dairy products;
- Include whole grains and low-fat protein sources
- Limit intake of sweets, sugary drinks, alcohol, and saturated fats...

Control salt intake

Salt is present not only when preparing meals but also in many processed foods and cold cuts!

- You should consume less than 5g of salt per day (equivalent to 1 teaspoon)



Engage in regular physical activity

- Be active, avoid daily sedentary behavior..
- Aerobic exercise:
 - 150–300 min/week (moderate intensity) or
 - 75–100 min/week (high intensity)
- Muscle strengthening: 2–3x/week

Quit smoking

Smoking causes a sharp increase in blood pressure and heart rate, which persists for over 15 minutes after smoking a cigarette.

- You can ask your doctor for help to reduce and quit smoking.



Other useful tips

- **Stress** management: sleep enough hours, practice mindfulness and relaxation techniques, moderate alcohol and caffeine intake
- **Weight** control/reduction
- **Regular medical follow-up!**