



## Dietary Requirements for Hypertension (As per Indian Standards)

A well-balanced diet plays a crucial role in managing hypertension. The Indian diet is often high in salt, refined carbohydrates, and unhealthy fats, which can worsen blood pressure. Following an Indianized DASH (Dietary Approaches to Stop Hypertension) diet can help effectively control hypertension.

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### 1. Key Dietary Principles for Hypertension

- ✓ Low Salt (Sodium Restriction) –  $\leq 5\text{g/day}$  (one teaspoon)
- ✓ High Potassium, Calcium & Magnesium – Improves BP control
- ✓ High Fiber & Whole Grains – Prevents cholesterol buildup
- ✓ Low Saturated Fats & Trans Fats – Reduces cardiovascular risk
- ✓ Adequate Protein from Plant & Lean Sources – Maintains muscle health
- ✓ Rich in Antioxidants (Fruits & Vegetables) – Prevents oxidative stress

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### 2. Recommended Foods for Hypertensive Patients

#### a) Whole Grains (Carbohydrates – 55–60% of Daily Intake)

##### ✓ Choose:

- Brown rice, whole wheat roti, jowar, bajra, ragi
- Oats, quinoa, broken wheat (dalia)

##### ✗ Avoid:

- White rice, maida, bakery products, packaged cereals

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#### b) Vegetables (Fiber & Antioxidants – At Least 3–5 Servings/Day)

##### ✓ Best Choices:

- Leafy greens (Spinach, Methi, Sarson, Amaranth, Coriander, Curry leaves) – High in potassium & magnesium
- Lauki, Tinda, Tori, Bhindi, Carrots, Cucumber, Broccoli, Capsicum – High in fiber
- Beetroot – Contains natural nitrates that lower BP

##### ✗ Avoid:

- Pickled vegetables, fried bhajis (excess salt & oil)

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#### c) Fruits (At Least 2–3 Servings/Day)

##### ✓ Best Choices:



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- Banana, Orange, Pomegranate, Guava, Apple, Papaya – High potassium content
- Berries (Strawberries, Jamun, Amla, Blueberries) – Antioxidant-rich
- Watermelon & Musk Melon – Hydration & electrolyte balance

## ✗ Avoid:

- Canned fruits in syrup, fruit juices with added sugar

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## d) Protein Sources (15–20% of Daily Intake)

### ✓ Healthy Protein Choices:

- Plant-based: Moong dal, Masoor dal, Chana dal, Rajma, Chhole, Soya chunks, Tofu
- Animal-based (in moderation): Skimmed milk, Curd, Paneer (low-fat), Egg whites, Fish (salmon, mackerel)

### ✗ Avoid:

- Red meat (mutton, pork), processed meats (sausages, salami), full-fat dairy

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## e) Healthy Fats (20–25% of Daily Intake)

### ✓ Use:

- Cold-pressed oils (Mustard oil, Coconut oil, Olive oil, Groundnut oil)
- Nuts & seeds (Almonds, Walnuts, Flaxseeds, Chia seeds)

### ✗ Avoid:

- Vanaspati ghee, Dalda, Bakery items, Deep-fried snacks

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## f) Salt Restriction (Sodium < 5g/Day)

### ✓ Use:

- Rock salt (Sendha Namak), Himalayan pink salt (in moderation)
- Home-cooked meals with minimal added salt
- Herbs & spices (Jeera, Haldi, Hing, Kali Mirch, Lemon, Garlic, Ginger) for flavor

### ✗ Avoid:

- Papads, Pickles, Processed foods, Chips, Namkeens, Canned foods, Chinese food (soy sauce, MSG), Instant noodles

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## g) Dairy (2 Servings/Day, Low-Fat Options Preferred)



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## ✓ Good Choices:

- Skimmed milk, toned milk, homemade curd, paneer (low-fat)

## ✗ Avoid:

- Full-cream milk, butter, processed cheese

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## h) Beverages (Keep Hydration & Avoid Sugary Drinks)

### ✓ Drink:

- Water (8–10 glasses/day)
- Herbal teas (Green tea, Hibiscus tea)
- Coconut water (natural potassium source)

### ✗ Avoid:

- Sugary drinks (Soda, Packaged fruit juices, Cold drinks)
- Excess tea & coffee (Limit to 2 cups/day, avoid adding sugar)
- Alcohol (Limit to ≤1 drink/day for women, ≤2 drinks/day for men)

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## 3. Sample Indian Meal Plan for Hypertensive Patients

### Breakfast:

- ✓ Oats upma with vegetables + Almonds (5 pcs) + Green tea

OR

- ✓ Idli with coconut chutney + Buttermilk

### Mid-Morning Snack:

- ✓ 1 Banana / Apple + Handful of Walnuts

OR

- ✓ Coconut water

### Lunch:

- ✓ 1 Multigrain Roti + Palak Dal + Bhindi sabzi + Salad

OR

- ✓ Brown rice + Rajma + Curd

### Evening Snack:

- ✓ Makhana roasted in ghee + Herbal tea

OR

- ✓ Chana chaat (Boiled chana, Tomato, Lemon, Onion, Spices)

### Dinner:



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✓ Lauki dal + Jowar roti + Vegetable sabzi + Cucumber raita

OR

✓ Grilled fish (if non-veg) + Stir-fried vegetables

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## 4. Special Dietary Considerations for Different Hypertensive Patients

### ✓ Diabetic + Hypertensive Patients:

- Avoid refined carbs (maida, sugar).
- Include high-fiber grains (ragi, jowar, bajra).

### ✓ Obese Hypertensive Patients:

- Reduce portion sizes to maintain calorie balance.
- Avoid fried & processed foods.

### ✓ Chronic Kidney Disease (CKD) with Hypertension:

- Restrict potassium & phosphorus (limit bananas, dairy, rajma, and chhole).
- Reduce protein intake if kidney function is impaired.

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## 5. Summary: Indian Diet Tips for Hypertension

- ✓ Reduce salt intake to <5g/day.
- ✓ Eat potassium-rich foods (fruits, vegetables, coconut water).
- ✓ Increase fiber intake (whole grains, legumes, salads).
- ✓ Limit unhealthy fats & sugar (avoid fried snacks, sweets).
- ✓ Stay hydrated (water, herbal teas, coconut water).
- ✓ Use traditional Indian spices (garlic, turmeric, cinnamon) for BP control.

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## Conclusion

A modified Indian DASH diet is highly effective in controlling hypertension. By reducing salt, increasing fiber & potassium, and choosing healthy fats, hypertensive patients can significantly improve their BP levels and overall health.