A Simple Plan to Manage Both Blood Pressure and Blood Sugar

Managing high blood pressure and diabetes doesn’t mean giving up all your favorite foods or joining a gym. It’s about small, steady choices that work for you. With the right balance of food and movement, you can protect your heart, kidneys, and energy—without feeling deprived.

**Smart Eating for Sugar and BP**

* Stick to home-cooked meals. Avoid processed foods, extra salt, and sugary snacks.
* Balance your plate: add vegetables, whole grains like brown rice or millets, a protein (dal, paneer, egg, or fish), and a small portion of healthy fat like mustard or groundnut oil.
* Watch salt and sugar: reduce table salt, chutneys, and pickles. Skip sugary drinks—even sherbet or packaged juices.
* Eat regularly: long gaps between meals can spike or drop blood sugar. Keep a routine.

**Every Step Counts**

* Aim for 30 minutes of movement daily—walking, yoga, dancing, or even chores.
* Start small: take stairs, stretch between tasks, or walk after meals.
* Be consistent: daily activity matters more than intensity.

**Make It Yours**  
Don’t wait for a perfect plan. Begin with one healthier meal or one extra walk each day. Add habits slowly. Over time, these small efforts add up—lowering sugar, controlling BP, and boosting overall well-being.