



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

High Blood Pressure Diet



What is high blood pressure diet?

People with high blood pressure are often placed on restricted sodium diet. It cuts back on the amount of sodium you get from food and drinks. Hypertension eating plan:

- Emphasize vegetables, fruits, and fat-free or low fat dairy products.
- Include whole grain, fish, poultry, beans, seeds, nuts, and vegetable oil.
- Limit sodium, sweets, sugary beverage, and meats.



What is the Dietary Tips?

1- Cut sodium:

Even if you are taking medications as treatment, you should still limit how much sodium you consume. In general, people with high blood pressure get between 1500-2400 milligrams of sodium per day.

2- Avoid processed food (Eat more fresh food):

- Choose fresh, frozen from vegetable, fruits, poultry, fish, and lean meat, rather than canned, smoked, or processed types, that are naturally low in sodium.
- Limit processed cheese slices, processed cheese spreads.
- Limit cured foods, foods packed in brine (such as pickles, pickled vegetables, olives)

What is the Dietary Tips?

2- Avoid processed food (Eat more fresh food):

- Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- Limit condiments, such as mustard, ketchup, canned soup, and sauces (salad dressing) with salt-containing ingredients.

3- Eat less salt – at the table and when cooking.

- Do not salt food at the table. Add very little salt when cook rice, pasta, and hot cereals (a single teaspoon of table salt has 2300 mg sodium).
- Eat a small handful of unsalted nuts and seeds.

What is the Dietary Tips?

4- Be smart shopper.















- Look for food packages that say “salt-free” or “sodium-free” .These items contain less than 5mg of sodium per serving.
- “low-sodium” products contain less than 140 mg of sodium per serving.
- Beware of “unsalted “or “No added salt” products. These items my still high in sodium. Check the nutritional label.



What is the Dietary Tips?

5- Add flavors to your food without adding sodium.

- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, garlic , ginger , black pepper , vanilla onion and mint , or salt-free seasoning blends.

Cinnamon 	Ginger 	Mustard 	Black Pepper 	Bay leaves 
Garlic 	Balsamic vinegar 	Cumin 	Oregano 	Cloves 
Anise 	Mint 	Scallions 	Nutmeg 	Basel 
Sage 	Curry 	Rosemary 	Dill 	Onion 
Cardamom 	Dried Parsley 	Chives 	Dried Coriander 	

What is the Dietary Tips?

6- Reading the food label: How Much Sodium is too much?

Salt is the main source of sodium. Read the nutrition label to find out how much sodium is in 1 serving of a food. Read the Nutrition Facts labels on foods to compare the amount of sodium in products. Look for the sodium content in **milligrams** and the **Percent Daily Value**.

- Select food with 140 mg of sodium or less per serving.
- Food with more than 300 mg of sodium per serving may not fit into a reduced – sodium meal plan.
- Check the serving size on the label. If you eat more than 1 serving, you will get more sodium than the amount listed.

What is the Dietary Tips?

6- Reading the food label: How Much Sodium is too much?

Low Sodium:

Food that are less than **20 percent** of daily value of sodium.

Nutrition Facts	
Serving Size (120g)	
Amount Per Serving	
Calories 280	Calories from Fat 35
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 11g	22%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

High Sodium:

Food with **20 percent** or more of daily value of sodium.

Nutrition Facts	
Serving Size (120g)	
Amount Per Serving	
Calories 320	Calories from Fat 90
% Daily Values*	
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 900mg	38%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 12g	24%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Sources and references:

- References: *Academy of Nutrition and Dietetics, 2017* / National Heart, Lung, and Blood Institute (Your Blood Pressure Lowering Guide
to) https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf
f. [Online]. Available
at: https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf
f(Accessed: 5th march 2017).
- Academy of Nutrition and Dietetics , nutrition care manual
2021 – 2022
- Freepik.

Sources and References:

- Academy of Nutrition and Dietetics, nutrition care manual 2021 - 2022
 - All pictures used are from Canva.com

Review and audit:

The content of this booklet was reviewed by clinical nutrition specialists at King Fahd University Hospital.

Clinical Nutrition Department
Health Awareness Unit
IAU-22-123



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University