**Hypertension and Diet**

High blood pressure, or hypertension, occurs when your blood pressure increases to unhealthy levels.A heart-healthy diet is vital for helping to reduce high blood pressure. It’s also important for managing hypertension that is under control and reducing the risk of complications. These complications include heart disease, stroke, and heart attack.

Here are some of the most common recommendations for people with hypertension.

**Making dietery changes**

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 mm Hg if you have high blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

Keep a food diary. Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.

Consider boosting potassium. Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.

Be a smart shopper. Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

**Eat less meat, more plants**

A plant-based diet is an easy way to increase fiber and reduce the amount of sodium and unhealthy saturated and trans fat you take in from dairy foods and meat. Increase the number of fruits, vegetables, leafy greens, and whole grains you’re eating. Instead of red meat, opt for healthier lean proteins like fish, poultry, or tofu.

**Reduce dietary sodium**

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.

To decrease sodium in your diet, consider these tips:

Read food labels. If possible, choose low-sodium alternatives of the foods and beverages you normally buy.

Eat fewer processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food.

Ease into it. If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

**Cut back on sweets**

Sugary foods and beverages contain empty calories but don’t have nutritional content. If you want something sweet, try eating fresh fruit or small amounts of dark chocolate that haven’t been sweetened as much with sugar. StudiesTrusted Source suggest regularly eating dark chocolate may reduce blood pressure.

**Lose extra pounds and watch your waistline**

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure.

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose.

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

In general:

Men are at risk if their waist measurement is greater than 40 inches (102 centimeters).

Women are at risk if their waist measurement is greater than 35 inches (89 centimeters).

**Limit the amount of alcohol you drink**

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

**Quit smoking**

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.

 **Cut back on caffeine**

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

**Reduce your stress**

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

**Monitor your blood pressure at home**

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a prescription. Talk to your doctor about home monitoring before you get started.

**High blood pressure during pregnancy**

Women with hypertension can deliver healthy babies despite having the condition. But it can be dangerous to both mother and baby if it’s not monitored closely and managed during the pregnancy.

**Exercise regularly**

Regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

Some examples of aerobic exercise you may try to lower blood pressure include walking, jogging, cycling, swimming or dancing. You can also try high-intensity interval training, which involves alternating short bursts of intense activity with subsequent recovery periods of lighter activity. Strength training also can help reduce blood pressure. Aim to include strength training exercises at least two days a week.

Women with high blood pressure are more likely to develop complications. For example, pregnant women with hypertension may experience decreased kidney function. Babies born to mothers with hypertension may have a low birth weight or be born prematurely.

Some women may develop hypertension during their pregnancies. Several types of high blood pressure problems can develop. The condition often reverses itself once the baby is born. Developing hypertension during pregnancy may increase your risk for developing hypertension later in life.

**DASH Diet:**

Once you're diagnosed with high blood pressure, your doctor may recommend the DASH (Dietary Approaches to Stop Hypertension) eating plan, which focuses on heart-healthy foods that are low in fat, cholesterol, and sodium, and rich in nutrients, protein, and fiber.

These foods may include the following:

Fruits

Vegetables

Whole grains

Fat-free or low-fat dairy products

Fish

Poultry

Nuts

**DASH limits the following:**

Red meats (including lean red meats)

Sweets

Added sugars

Sugar-containing drinks

 The following is an example of the recommended servings from each food group for someone on the diet who is consuming 2,000 calories a day.

6 to 8 servings a day of grains

4 to 5 servings a day of vegetables

4 to 5 servings a day of fruits

2 to 3 servings a day of dairy

Up to 6 servings a day of lean meat, poultry, and fish

4 to 5 servings a week of nuts, seeds, and legumes

2 to 3 servings a day of fats and oils

Up to 5 sweets a week (6)

Potassium helps balance the amount of sodium in your cells, and not getting enough can lead to too much sodium in your blood.

A diet with plenty of potassium helps prevent and control high blood pressure. The best way to get potassium is to eat foods that are rich in the nutrient, such as fruits and vegetables, rather than supplements. Also, if you have a history of severe kidney disease, getting extra potassium (particularly through a supplement) can be dangerous. Talk to your healthcare provider about the potassium level that is right for you.

**Sample Menu for One Week**

Here's an example of a one-day meal plan — based on 2,000 calories per day — for the regular DASH diet:

Monday

Breakfast: 1 cup of oatmeal with 1 cup (240 ml) of skim milk, 1/2 cup (75 grams) of berries and 1/2 cup (120 ml) of fresh orange juice.

Snack: 1 medium apple and 1 cup of low-fat yogurt.

Lunch: chicken sandwich made with 2 slices of whole-grain bread, 1.5 cups of green salad .

Snack: 1 medium banana.

Dinner: lentils Served with 1 cup (190 grams) of brown rice.

some more tips:

Eat more vegetables and fruits.

Swap refined grains for whole grains.

Choose fat-free or low-fat dairy products.

Choose lean protein sources like fish, poultry and beans.

Cook with vegetable oils.

Limit your intake of foods high in added sugars, like soda and candy.

Limit your intake of foods high in saturated fats like fatty meats, full-fat dairy and oils like coconut and palm oil.

Outside of measured fresh fruit juice portions, this diet recommends you stick to low-calorie drinks like water, tea and coffee

some drinks help you to reduce blood pressure as listed below:

Lemon water. ...

Methi water. ...

Chia seeds infused water. ...

Low or non-fat milk

white cola (lassi)

Beet root juice

**Food that help in reducing blood pressure**

berries ,banana , oats,avocado,mushrooms,sweet potatoes,tomatoes

tuna,beans,kiwis,darkchocloate,water melon,green leafy vegetables,garlic

cinnamon,pomegranate,yougrt,lentils,

**Food to avoid**

salt,caffein,alcohol