

Healthy Aging & Blood Pressure

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HEALTHY
AGING
&
BLOOD
PRESSURE



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visit www.CapeCodExtension.org or call 508-375-6690.





What Is High Blood Pressure?

Blood pressure is the force of blood pushing against the walls of your arteries. High blood pressure also known as Hypertension is when the pressure pushing against the arteries is too strong causing your heart to work overtime. This can cause the walls of the arteries to harden which is a major risk factor for heart disease and stroke. High blood pressure has many complications including heart failure, kidney disease and blindness. Symptoms of high blood pressure include weakness, fatigue, dizziness, headaches, sleep disturbance and shortness of breath during exertion.

Blood pressure is recorded with two numbers. The first number is called systolic pressure, which is the pressure of your heart beating. The second number is called diastolic pressure, which is the pressure of your heart relaxing between beats. A normal blood pressure is a systolic pressure of less than 120 and a diastolic pressure of less than 80.

High blood pressure affects about 1 out of 3 U.S. adults and more than one-third of those people are unaware they have it. That is why it is important to have your blood pressure checked regularly by a health care provider.

How Can I Prevent High Blood Pressure?

Making small healthy choices everyday is the key to prevention. Eating a healthy diet and moving daily are the best ways to fight against heart disease including high blood pressure. If you are overweight, dropping the extra pounds is another way to prevent heart disease and lower blood pressure. Just a 10% weight loss will significantly lower your blood pressure. For example: if a 5'4" women who weighs 180 lbs. loses 18 lbs. her blood pressure may have a meaningful drop to a healthy level.

Exercise

It is important to get moving at least 30 minutes most days of the week. Check with your doctor about what type of exercise may be best for you. It doesn't take a lot of effort to become physically active. Examples of moderate exercise are brisk walking, gardening, bicycling, vacuuming or raking leaves. You can even break up the 30 minutes into shorter 10-minute segments. Other ways to include exercise into your day is to take the stairs instead of using the elevator or parking your car at the far end of the parking lot. Small steps equal big healthy changes!



Healthy Food Choices



Sodium: Limiting the amount of sodium in your diet is very important in preventing and treating high blood pressure. Sodium is found naturally in food but it is also added for flavor and preservation. Many processed foods contain high levels of sodium. Examples of processed foods are cured meats, pickles, frozen dinners, lunch meats, cheese sauces, salad dressing, snack foods, and canned foods such as soups, vegetables, beans and meats. Limit these processed foods and choose fresh foods when possible.

Paying close attention to food labels will help you consume less sodium. It is recommended to limit sodium to 1,500-2,300mg per day. Be mindful of the amount of sodium per serving of a food, if a food contains >400mg per serving it is considered to be a food high in sodium and is best to avoid.

Look for these words when reading food labels to limit sodium intake:

Sodium Free: Less than 5 mg per serving.

Very Low Sodium: 35 mg or less per serving.

Low Sodium: 140 mg or less per serving.

Reduced or Less Sodium: At least 25% less per serving than the original version.

Tips To Reduce Salt Intake

- Rinse canned foods such as tuna or beans to remove some sodium.
- When able, buy low or reduced sodium or no added salt versions of foods.
- Use herbs, lemon juice or spices when cooking for added flavor.
- Cut back on frozen dinners and convenience foods.
- Do not salt the water when cooking rice, pasta or oats.
- When possible, use fresh, plain frozen or canned foods without added salt.
- Take the salt shaker off the kitchen table.
- Limit hidden sources of sodium such as soy sauce, ketchup, teriyaki sauce, broth and sauerkraut.
- Snack on unsalted pretzels, unsalted nuts mixed with raisins, plain popcorn or graham crackers.

Tip: Use fresh or dried seasonings in place of salt to flavor your meals. Check out your local discount store for inexpensive dried spices and seasonings.



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Reduce Salt and Sodium in Your Diet

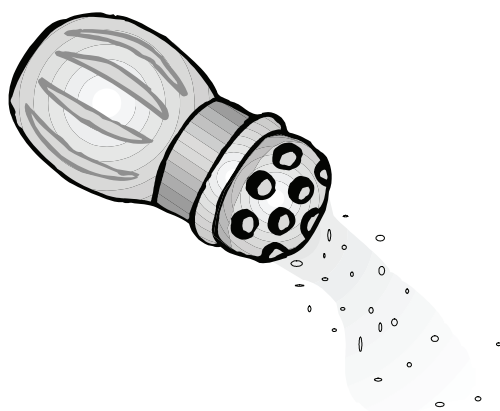
Most Americans consume more salt than they need. The current recommendation is to consume less than 2.4 grams (2,400 milligrams[mg]) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams includes that used in cooking and at the table. For someone with high blood pressure, the doctor may advise eating less salt and sodium, as recent research has shown that people consuming diets of 1,500 mg of sodium had even better blood pressure lowering benefits. These lower-sodium diets also can keep blood pressure from rising and help blood pressure medicines work better.

Tips for Reducing Sodium in Your Diet

- Buy fresh, plain frozen, or canned “with no salt added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.
- Rinse canned vegetables and beans, to remove some sodium.
- When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.

Tips on How to Prepare Lower Salt Meals

- Add less salt at the table and in cooking. Reduce the amount a little each day until none is used. Try spices and herbs instead.
- Cook with low-salt ingredients. Remove salt from recipes whenever possible. Rice, pasta, and hot cereals can be cooked with little or no salt.
- Use fewer sauces, mixes, and “instant” products this includes flavored rices, pasta, and cereal, which usually have salt added.
- Watch those condiments: many are loaded with sodium!
- Limit smoked, cured, or processed beef, pork, or poultry.



For more information,
go to www.nhlbi.nih.gov,
the website of the
National Heart Lung and Blood Institute.

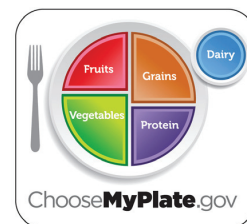


10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

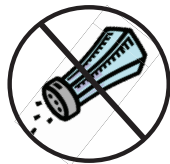
Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Center for Nutrition
Policy and PromotionGo to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 14

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The DASH Diet Difference

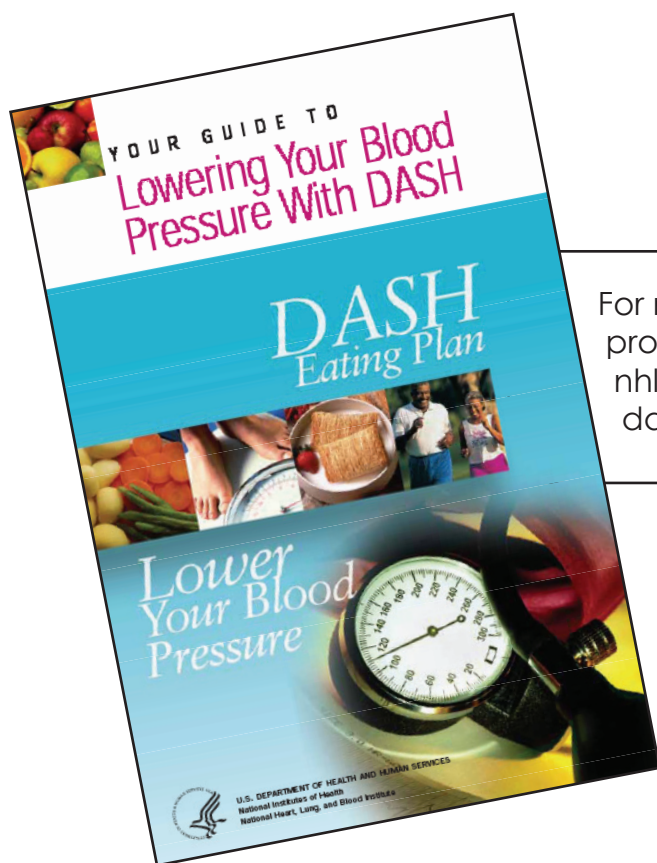
DASH stands for “Dietary Approaches to Stop Hypertension.”

Also known as high blood pressure, one in three adults have hypertension. After age 65, the number increases to two out of three. In addition, one out of four adults has pre-hypertension. High blood pressure raises your risk of heart disease, stroke, and kidney disease, and most people don't know they have it.

Evidence has shown the DASH eating style to be lower in sodium and higher in potassium, calcium, magnesium, and fiber. DASH can help to lower blood pressure, potentially as much as taking a medication. DASH can benefit an individual beyond decreased hypertension to a decreased risk of developing certain cancers, diabetes, and osteoporosis.

DASH has been called a “diet for all diseases” and can benefit everyone. Making a few simple changes one step at a time can lead you down a path of good health. The 2010 Dietary Guidelines for Americans, the National Heart, Lung, and Blood Institute and American Heart Association recommend following the DASH eating plan because of the dramatic difference some simple changes can make.

DASH is a healthy eating style more than a diet. It provides many servings of fruits and vegetables and lean proteins, and the use of heart healthy fats.



For more information, ask your healthcare provider about DASH or visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf



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DASH Eating Plan

Serving Based On:

Food Group	1600 Calories	2000 Calories	3100 Calories	Example Serving Sizes	Comments
Grains/Grain products	6 per day	7-8 per day	12-13 per day	<ul style="list-style-type: none"> • 1 slice bread • ½ - 1 cup ready-to-eat cereal • ½ cup cooked rice, pasta, cereal 	Choose whole grains. On the food label, look for whole wheat flour as first ingredient and at least 2 grams fiber per serving.
Vegetables	3-4 per day	4-5 per day	6 per day	<ul style="list-style-type: none"> • 1 cup raw leafy vegetables • ½ cup cooked vegetable • 6 oz vegetable juice 	Choose variety of vegetables. Rich sources of potassium, magnesium and fiber.
Fruits	4 per day	4 – 5 per day	6 per day	<ul style="list-style-type: none"> • 1 medium fruit • ¼ cup dried fruit • ½ cup fresh, frozen or canned fruit • 4 oz fruit juice 	Choose variety of fruits. Good source of potassium, magnesium and fiber.
Low-fat or fat-free dairy products	2-3 per day	2 – 3 per day	3-4 per day	<ul style="list-style-type: none"> • 8 oz 1%, ½ % or skim milk • 6-8 oz yogurt • 1 ½ oz cheese 	Major source of calcium and protein. Choose low-fat and fat-free dairy products.
Lean meats, poultry and fish	1-2 per day	2 per day	2-3 per day	<ul style="list-style-type: none"> • 3 oz cooked lean meat, skinless poultry or fish 	Choose lean and trim away visible fats. Bake, boil, roast, broil versus frying
Nuts, seeds and dried beans	3 per week	4-5 per week	1 per day	<ul style="list-style-type: none"> • 1/3 cup or 1½ oz nuts • 1 Tbsp or ½ oz seeds • ½ cup cooked dried beans 	Rich source of energy, magnesium, potassium, protein and fiber.
Fats and oils	2 per day	2 – 3 per day	4 per day	<ul style="list-style-type: none"> • 1 tsp soft tub margarine • 1 Tbsp low-fat mayonnaise • 2 Tbsp light salad dressing • 1 tsp vegetable oil 	High in calories. Limit portions. Limit saturated fats (solid at room temperature). Best oils: canola, olive
Sweets	0	5 per week	2 per day	<ul style="list-style-type: none"> • 1 Tbsp sugar, jam or jelly • ½ oz jelly beans • 8 oz lemonade 	Sweets should be low in fat.

HEALTHY AGING & BLOOD PRESSURE



The DASH (Dietary Approaches to Stop Hypertension) Study was a National Institutes of Health research project. Following the DASH Eating Plan lowered blood pressure levels in those with normal and elevated blood pressure levels without reducing sodium or using drugs.

Source: <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>



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One step at a time



DASH Eating Plan

Following the DASH eating plan is easy when you make changes one step at a time.
What changes are you ready to make? Refer to your Rate Your Plate quiz results for some ideas.

1. List the DASH changes you would like to make

2. Circle the DASH change you want to start with

3. Now make it a **SMART** change

Making lasting lifestyle changes requires planning. Your changes need to be realistic, practical, and doable. Follow the **SMART** guidelines to create and achieve your changes:

S	M	A	R	T
Specific	Measureable	Achievable	Relevant	Timely and Track-able
Focus on exactly who, what, when, where and how	Include amounts, times, days and other points of reference for gauging progress	Make a change that you feel confident you can achieve	Focus on how the change is important and will make a positive difference in your life	Commit yourself to a realistic timeframe and monitor your progress

Write your **SMART** change here:

As you accomplish one **SMART** change, choose another. This process will guide you on your path to designing a DASH Eating Plan that's right for you.

Example of a **SMART** change:

"I will choose fruit instead of cookies for dessert Monday thru Friday. This change is achievable, important for my health, and sets a healthy example for my family. I will implement this change for 2 weeks and I will record my progress on my daily planner."

DASH Dietary Approaches to Stop Hypertension

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Go to www.dashdietoregon.org to find menus, tips and recipes.



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Nutrition for the Older Adult



Eat only the calories you need for your activity level. The calories should come from nutrient-rich foods, with plenty of vitamins and minerals and fewer calories.

Example: A woman in good health and 50 years old or older should get 2,000 to 2,200 calories a day if she is active, according to the USDA. Active is walking more than three miles per day at 3 to 4 mph in addition to daily activities. A woman who is moderately active—walking 1.5 to three miles a day at 3 to 4 mph in addition to daily activities—should have 1,800 calories

a day; a woman who gets little daily activity should have 1,600 calories a day. A man in good health and 50 years old or older should get 2,400 to 2,800 calories a day if he is active; 2,200 to 2,400 calories a day if he is moderately active; and 2,000 calories a day if he is mostly sedentary.

What to Eat

Getting the right amount of nutrient-rich foods can help you prevent chronic diseases and weight gain as you age. Poor diets can contribute to the some cancers, high blood pressure, heart and kidney disease, obesity, diabetes, and other serious illnesses.

Eat more fruits and vegetables (on half of your plate!!) to help control portions and calorie intake. The My Plate guidelines focus on a rich variety of produce. Include dark green, red, orange, and starchy vegetables. Go easy on high-calorie fruit juices.

Although fresh fruits and vegetables are the preferred choice, they may be cost prohibitive or unavailable. Fresh frozen foods are the closest alternative to fresh in nutritional value and are a good alternative. Often less expensive, they can be kept on hand longer than fresh foods, and offer out-of-season availability. Buy low-sodium canned vegetables or wash them off prior to cooking to reduce the sodium content. Look for canned fruit packed in its own juice to reduce the calories and excess sugar.

Eat foods with Vitamin B12. We can lose some of our ability to absorb this vitamin as we age. Also, older adults who skip meals or don't consume animal products are at risk. USDA recommends that all people older than 50 get 2.4 micrograms per day. It is added to certain foods such as cereals. You can also take a B12 supplement. Ask your health care provider.



Eat recommended amounts of foods from protein foods and dairy foods.

To maintain their muscle mass, older adults need be sure to consume the recommended servings from the meat and milk food groups. This can be achieved by adding an egg or two or two slices of low-fat cheese or a cup of low-fat yogurt. Beans, legumes and small amounts of nuts are also good. To get enough Vitamin D get some sun exposure several times a week or by eating vitamin D-fortified foods and/or dietary supplements.

What to Drink

It is not uncommon to lose sense of thirst as aging progresses. Hydration is very important for many body functions. Avoid unnecessary hospital stays by drinking several cups of water or other liquids (soups, juice etc.) each day.

Aging and Diet

Nutritionists offer these recommendations for older Americans:

- Enjoy calcium-rich foods, including low-fat or skim milk, salmon, and sardines.
- Go low-fat or fat-free when choosing yogurt, cheese, and other dairy products.
- Consume healthy portions of whole grains several times a week.
- Snack, when you must, on moderate portions of healthy foods, including raw vegetables.
- Avoid excessive salt, sugar, and artificial sweeteners.
- Keep total fat intake between 20 to 35 percent of your calories.
- Add regular physical activity, and you're on your way to a healthy lifestyle.



WHY IS WATER SO IMPORTANT?

More than one half of an adult human body weight is water! Water is the medium of all the fluids in our body. It brings nutrients to the cells in our body, and removes the wastes. Our bodies cannot function without adequate water.

Water helps to:

- ▶ Convert food into energy
- ▶ Regulate our body temperature
- ▶ Protect and cushion our vital organs
- ▶ Keep us "regular"

WHAT HAPPENS IF WE DON'T GET ENOUGH WATER?

Every day our bodies lose water. We need to drink fluids to replace what is lost and to keep body fluids in balance. When we take in less water than we lose, our body becomes dehydrated. We lose water in urine, sweat, and feces. We get water by drinking water and other fluids. We also get water from foods, especially fruits and vegetables.

Low fluid intake or dehydration can cause:

- ▶ Difficulty swallowing
- ▶ Dry mouth due to low saliva production
- ▶ Headaches
- ▶ Fatigue
- ▶ Loss of appetite
- ▶ Dry eyes
- ▶ Muscle cramps
- ▶ Urinary stone disease

WHY IS FLUID INTAKE A CONCERN FOR OLDER PERSONS?

Dehydration is common in older people. This may be due to:

- ▶ Not realizing we are thirsty
- ▶ Decreased ability to concentrate urine
- ▶ Self-imposed fluid restriction
- ▶ Medications that cause extra fluid loss like laxatives and diuretics



WARNING:
Severe
dehydration
can be life
threatening!

One third of healthy persons 65
years or older have mild dehydration!



We need to drink enough water and other fluids to stay hydrated. Since older adults may not realize they are thirsty, they may need to plan their fluid intake.

How MUCH FLUID SHOULD WE DRINK?

Most older adults need to drink about 6 to 8 cups of fluids a day. The amount needed depends on:

- ▶ Body weight
- ▶ Activity level
- ▶ Health condition
- ▶ The environment

Factors that increase fluid needs are:

- ▶ Eating high fiber foods or taking a fiber supplement
- ▶ Taking several medications, especially diuretics for high blood pressure
- ▶ Hot weather
- ▶ Vigorous physical activity



WHAT KINDS OF FLUIDS ARE BEST?

Drink fluids that you enjoy. Limit those that are high in sugar or sodium. Drink water and some of the following high nutrient drinks every day:

- ▶ Fruit juices (100% juice, about 6 fluid ounces a day is enough)
- ▶ Vegetable juices (low sodium type)
- ▶ Low-fat milk
- ▶ Vegetable or milk-based soups

TIPS FOR DRINKING MORE WATER

You can get more water by doing some of the following suggestions each day.

Which of these ideas work for you?

- ▶ Welcome the day with a cup of water.
- ▶ Drink a cup of water about ½ hour before meals.
- ▶ When you take a medication, drink it with a full glass of water! (Best for most medications; check with your pharmacist.)
- ▶ Drink a cup of water during and after spending time outdoors.
- ▶ Fill a water bottle and carry it with you during the day.

How do I know if I am well hydrated?
You're probably doing fine if your eyes are moist and tears come out as usual.



Healthy Habits

- Eat breakfast every day.
- Select high-fiber foods like whole-grain breads and cereals, beans, vegetables, and fruits.
- Have three servings of vitamin D-fortified low-fat or fat-free milk, yogurt, or cheese every day. Milk products are high in calcium and vitamin D and help keep your bones strong as you age. Or ask your doctor about taking a calcium and vitamin D supplement.
- Drink plenty of water or water-based fluids. You may notice that you feel less thirsty as you get older, but your body still needs the same amount of water to stay healthy.
- Fit physical activity into your everyday life. For example, take short walks throughout your day. You do not have to have a formal physical activity program to improve your health and stay active.
- Get enough sleep.
- Stay connected with family, friends, and your community.

Be Good to Yourself

Many older people feel lonely, sad, or stressed in their daily lives. Feelings like these may cause you to lose energy, not feel like doing anything, not eat enough, or overeat. Being good to yourself may help you to cope with your feelings and improve your energy level, eating habits, and health.

- Join a walking group, or other social group.
- Surround yourself with people whose company you enjoy.
- Volunteer or get active with groups in your community.
- Try a part-time job at a place you would enjoy working for a few hours a week.
- Watch a funny movie and laugh.
- Take up a hobby such as playing cards, gardening, cooking, or dancing.

