

# Prevention of Cardiovascular Diseases



## ***FAST FACTS***



### **LIFESTYLE MANAGEMENT FOR HIGH BLOOD PRESSURE\***

- ⇒ Lose weight if overweight
- ⇒ Limit alcohol intake
- ⇒ Increase aerobic physical activity  
(to at least 30 minutes most days of the week)
- ⇒ Reduce salt and foods high in sodium
- ⇒ Eat more high potassium foods such as fruits and vegetables
- ⇒ Eat more foods rich in calcium and magnesium such as dairy products
- ⇒ Reduce saturated fats in the diet
- ⇒ Reduce intake of high cholesterol foods
- ⇒ Stop smoking



*\*Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, National Institutes of Health, 2003*