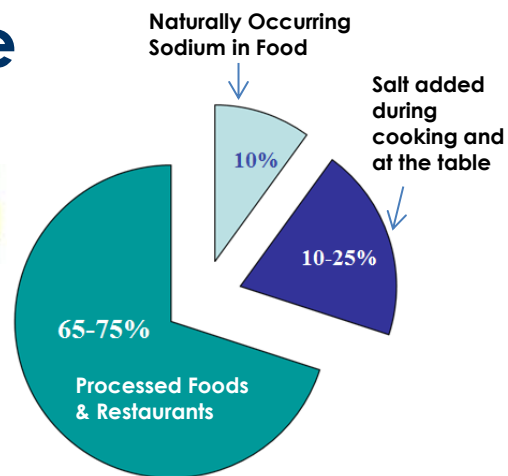


Managing Sodium (Salt) Intake

For a Healthy Blood Pressure After a Stroke



Main Source of Salt in the Canadian Diet



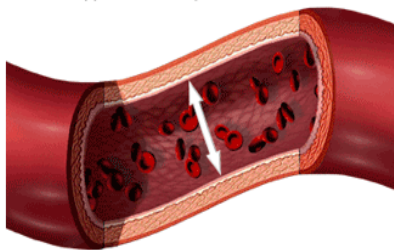
What is High Blood Pressure?

- High blood pressure is when the force of blood against the walls of the blood vessels is higher than normal. This can damage the lining of arteries over time.

How Does Sodium Affect Your Blood Pressure

- If a meal has a high amount of sodium, it can make your body hold on to more water. This extra water makes the heart work harder and raises your blood pressure.
- High blood pressure can create a weak place in your arteries that can lead to bleeding.
- It is important to keep your blood pressure within an acceptable range by eating less sodium to protect your brain from another stroke.

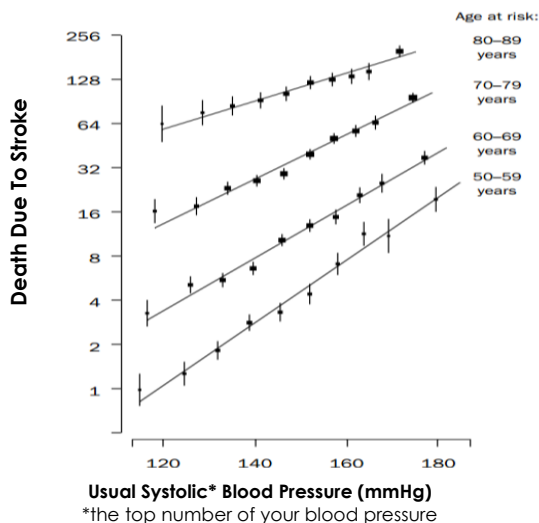
Blood pressure is the measurement of force applied to artery walls



Compare the amount of sodium in whole foods versus processed foods

| Food | Serving Size | Sodium |
|-----------------------------|-----------------------------|---------|
| 1 medium tomato | 1 medium tomato | 14 mg |
| 1/2 cup of crushed tomatoes | 1/2 cup of crushed tomatoes | 292 mg |
| 1/2 cup of tomato juice | 1/2 cup of tomato juice | 439 mg |
| 1/2 cup of tomato sauce | 1/2 cup of tomato sauce | 749 mg |
| 1/2 cup of ketchup | 1/2 cup of ketchup | 1300 mg |

Study showing increased risk of death from stroke with higher blood pressure.



How much sodium is too much?

- The body only needs 500mg (1/4 teaspoon) of sodium a day for general function.
- Adequate sodium intake is **1500 mg** a day, which is **3/4 teaspoons of salt**.
- Sodium is found in salt. All types of salt are high in sodium.
- Hidden sources** of sodium are prepared foods that contain added high amounts of salt. Processed and restaurant foods are examples of hidden sources of sodium.

Dining Out & Sodium

- Read the menu to know how foods are prepared.
- Identify hidden sources of sodium. For example, sauces, gravies, and salad dressings. Ask for these items to be served on the side and use small amounts to reduce how much sodium you eat.
- Be careful with “healthy” options, such as soups and salads.
- Watch serving sizes or share entrees to help decrease your salt intake.



Guess how much sodium?



10 oz Portion of Canned Vegetable Soup (See below for answer)

What Can I Do to Lower the Sodium in my diet

- Read labels and choose “No-Salt-Added” and “Low Sodium” condiments, canned foods, and other food products.
- Read the nutrition facts for the % Daily Value. Aim for a % Daily Value 5% or less for sodium.
- Use powder versions of herbs, spices and other flavouring agents. For example, use garlic, onion, celery powders instead of the salt versions.
- Other options available that can add flavor to your meals are products, such as David’s Condiments, Mrs. Dash, or McCormicks. These can be used in place of salt.
- Avoid salt replacements such as, “No Salt” or “Half-salt.” These replacements have high amounts of potassium that may interfere with the medication you are taking.
- Drain and rinse canned foods, such as beans, vegetables, tuna, and salmon.

What Foods Help to Decrease Blood Pressure?

- Eat foods that are packed full of nutrition.
- Foods that are high in potassium can help manage blood pressure. Choose fruits, vegetables, whole grains, yogurt, nuts, and seeds.
- Include foods that are a natural source of magnesium to help lower blood pressure. Examples include green leafy vegetables, legumes, nuts, and whole grains.
- Foods high in calcium can also help lower blood pressure. Examples include: low fat dairy products, salmon with the bones, and green vegetables, such as broccoli.

Know Your Blood Pressure Levels!

| Blood Pressure Category | Systolic mmHg (upper #) | Diastolic mmHg (lower #) |
|--|-------------------------|--------------------------|
| Normal | less than 120 | and less than 80 |
| Prehypertension | 120 – 139 | or 80 – 89 |
| High Blood Pressure (Hypertension) Stage 1 | 140 – 159 | or 90 – 99 |
| High Blood Pressure (Hypertension) Stage 2 | 160 – 180 | or 100-110 |



*** A healthy diet combined with exercise can help lower your blood pressure.**