

High Blood Pressure: dietary guidelines

I will follow one guideline at a time. I will integrate it into my lifestyle and then try the next one.

DONE



▶ I will respect the prescribed quantity of sodium (salt) for each meal.

○ I will limit my sodium intake to 2,400 mg per day (or from 600 to 800 mg per meal).

○ As often as possible, I will choose foods with less than 150 mg of sodium per portion, or 5 % or less of the Daily Value of sodium.

○ On labels, I will look for phrases such as: “no sodium”, “low sodium”, “unsalted”, “no added salt.”

▶ As often as possible, I will prepare my meals at home.

○ I will choose fresh or frozen foods, since canned foods often contain a lot of sodium.

○ I will reduce my intake of sauces such as soya (even light), tamari, teriyaki, chilli and Worcestershire®, as well as prepared marinades and dressings.

○ I will not use salt when preparing food. Instead, I will use herbs and spices, pepper and garlic to enhance the flavour of my dishes.



Knowing where to look is alimentary!

The Nutrition Facts label is your best tool. Learn to use it!

Example:

Nutrition Facts	
Per 250 mL	
Amount	% Daily Value
Calories 110	
Fat 0,5 g	1 %
Saturated 1,5 g	8 %
+ Trans 0,1 g	
Cholesterol 10 mg	
Sodium 130 mg	5 %
Carbohydrate 12 g	4 %
Fibre 0 g	0 %
Sugars 11 g	
Protein 9 g	
Vitamine A	10 %
Vitamine C	6 %
Calcium	30 %
Fer	0 %
Vitamine D	45 %

SERVING SIZE (e.g. per 250 mL)

The information in the Nutrition Facts label corresponds to the serving size indicated. Compare the serving size to what you actually eat.

FAT (e.g. 0.5 g)

Choose foods that contain less than 3 g of fat per portion, or less than 5 % of the Daily Value.

SATURATED AND TRANS (e.g. 1,5 g et 0,1 g)

Look for foods that contain less than 2 g of saturated fats per portion and no trans fat, or less than 5 % of the Daily Value.

SODIUM (e.g. 130 mg)

Choose foods that contain less than 150 mg of sodium per portion, or less than 5 % of the Daily Value.

FIBRES (e.g. 0 g)

Look for foods with at least 3 g of fibre per portion, or at least 10 % of the Daily Value.

For more information

There are a number of information sources that may be helpful in changing your eating habits. Here are some of them:

Canada's food guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Interactive Nutrition Label

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/interactive-eng.php>

Diabetes Québec

www.diabete.qc.ca

Canadian hypertension society

www.hypertension.ca

Heart & stroke foundation

www.fmcoeur.com

This information is not intended in any case whatsoever to replace medical care or your doctor's advice. Your doctor may have given you different guidelines, based on your individual health history and circumstances. For any questions about your symptoms, please consult a pharmacist affiliated with Accès pharma chez Walmart pharmacy, or your doctor.

Only pharmacists are responsible for pharmacy practice. They only provide related services acting under a pharmacist owner's name and use different tools including Health Access tools.

HEALTH ACCESS

NUTRITION



Eating well is an essential part of good health. After being diagnosed with high blood pressure, high cholesterol, or diabetes, it is essential to improve your eating habits. Let this brochure guide you as make the change to healthy eating!

Improve your plate, one mouthful at a time!

Start by changing your eating habits according to the guidelines for your condition. Then, integrate the general dietary guidelines and you will be on your way to a healthy diet!

Your pharmacist will be able to help you decide where to start. However, to learn more about improving your eating habits, you should see a nutritionist.

Change your lifestyle, little by little!

Wanting to do too much, too quickly is the main reason for failure. Go slowly. Respect your own speed and be positive, patient, and perseverant. You'll see, after six to eight weeks the guidelines will become second nature. At the end of the process, you will enjoy life more thanks to your healthy eating habits. Eating should be a source of enjoyment, not stress!

Cholesterol: dietary guidelines

I will follow one guideline at a time. **DONE**
I will integrate it into my lifestyle and then try the next one.

► I will respect the prescribed amount of fat (also called lipids).

- I will limit my fat intake to less than 75 g per day (or about 25 g per meal). This includes added fat such as butter and oil.
- As often as possible, I will choose foods that contain less than 3 g of fat per portion, or 5 % or less of the Daily Value of fat.
- On labels, I will look for phrases such as “fat free”, “no trans fat”, “no saturated fat”, or “low fat”.
- Occasionally I will replace meat with legumes (chick peas, lentils, etc.) and soya in one of its various forms (drink, tofu, nuts, etc.).
- I will plan to eat at least two portions of fish per week.
- I will enjoy lean or extra-lean cuts of meat and low-fat cold cuts more often.

► I will choose good fats and reduce my intake of bad fats.

- I will choose vegetable oils that are low in saturated fat (canola, olive, and soya), low-fat mayonnaise and soft margarine that does not contain saturated fat. I can include one to three 5 ml (1 teaspoon) portions in each meal.
- I will look for foods with less than 2 g of saturated fat per portion, without trans fat, or 5 % or less of the Daily Value of combined saturated and trans fat.

Diabetes: dietary guidelines

I will follow one guideline at a time. **DONE**
I will integrate it into my lifestyle and then try the next one.

► I will respect the prescribed amount of carbohydrates per meal.

- Women:
I will limit myself to between 45 and 60 g of carbohydrates per meal.
- Men:
I will limit myself to between 60 and 75 g of carbohydrates per meal.
- On labels, I will look for phrases such as “low in sugar”, “no added sugars”, “unsweetened”.



► I will increase my daily fibre intake.

- I will aim for a Daily Value of at least 25 g of fibre by eating high-fibre foods at every meal.
- As often as possible, I will choose products that contain at least 3 g of fibre per portion, or 10 % or more of the Daily Value of fibre.
- On labels, I will look for phrases such as “source of fibre”, “high source of fibre”, or “very high source of fibre”.

General dietary guidelines

I will follow one guideline at a time. **DONE**
I will integrate it into my lifestyle and then try the next one.

► I will follow the balanced plate model.

- I will fill half (1/2) of my plate with vegetables or two portions of vegetables per meal.
- I will fill a quarter (1/4) of my plate with whole-grain cereal products that contain at least 3 g of fibre per portion.
- I will fill a quarter (1/4) of my plate with “meat and alternatives” (meat, poultry, seafood, seeds and nuts, tofu, legumes, etc.).
- I will finish off my meal with fresh or frozen fruit.
I will complement my meal with a low-fat choice from the “milk and alternatives” group.

► I will refer to Canada’s Food Guide for suggested serving sizes.

- A handful, or 250 ml (1 cup), equals a serving of legumes, two servings of pasta, two servings of chopped fruit, or one serving of milk.
- The palm of your hand, or 75 to 90 g (2 1/2 to 3 oz) equals one serving of meat or fish.
- The tip of your thumb, or 5 ml (1 tsp) equals a serving of oil or margarine.

► I will stop eating when I feel full.

- I will savour each mouthful and when I am no longer hungry, I will stop eating. I do not have to finish my plate!

► I will drink water when I am thirsty.

- Water is the ideal drink to quench your thirst.