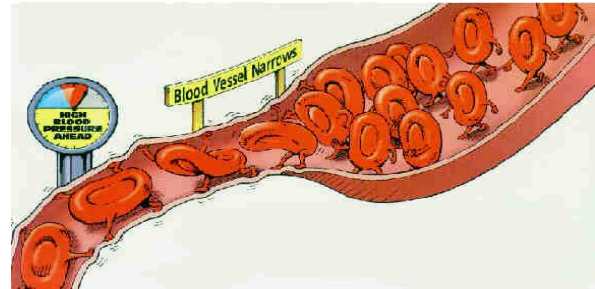


Hypertension (High Blood Pressure) - The Silent Killer

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Hypertension is known as high blood pressure (BP greater than 140/90) can be damaging to your blood vessels. Narrow blood vessels does not allow for good blood flow- if a clot forms and bursts it can lead to a heart attack and eventually heart failure. There are many **controllable** lifestyle factors that help lower your blood pressure:

- ❑ Maintain a healthy body weight
- ❑ Regular physical activity- up to 30 minutes day
- ❑ Avoid Alcohol
- ❑ Do not smoke
- ❑ Reduce your stress
- ❑ **Limit your salt intake**



While it is important **not to use the salt shaker**, most of the salt you eat is likely from packaged, processed, convenience and restaurant foods. Limit salty tasting foods including pickles, olives, smoked and processed meats such as bacon or ham, potato chips, nachos, pretzels, instant rice or noodles, canned or packaged soup, and flavourings such as garlic salt, celery salt, fish sauces and soy sauce.

Cooking with Herbs & Spices

Buy fresh foods and flavour them home. Use these flavour enhancers to help by adding them to your meat and vegetable dish.

Meat & Alternatives	Suggested Flavour Enhancers
FISH	Basil, curry powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme
POULTRY	Basil, cranberry sauce, ginger, paprika, parsley, sage, thyme, lemon juice, poultry seasoning
BEEF	Mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme
PORK	Apple juice, applesauce, garlic, marjoram, sage, onion, paprika
TOFU	Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce
Vegetables	
SQUASH	Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon
BROCCOLI	Lemon juice, pepper, sesame seeds
GREEN BEANS	Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar
RED CABBAGE	Apple, cider vinegar, caraway seeds, honey
CAULIFLOWER	Nutmeg, onion, garlic
PEAS	Mint, chervil, chives, lemon juice, onion, mushroom, parsley
TOMATOES	Basil, onion, garlic, oregano, sugar, parsley, rosemary
SWEET POTATOES	Cinnamon, nutmeg, apples, brown sugar, maple syrup

Homemade Mrs. Dash Seasoning

- 1 teaspoon dried basil
- 1 tablespoon dry mustard
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 1 tablespoon onion powder
- Sprinkle of celery seed
- 1 tablespoon garlic powder
- ½ teaspoon dried rosemary
- 1 teaspoon paprika

Mix all ingredients and add to an empty shaker with a few pieces of rice to allow for easy flow.

If you would like to learn more information about spices and herbs or how healthy eating can help your health, please call the MBQ Community Wellbeing Centre to book an appointment with the dietitian at 613- 967-3603.