

## **Lifestyle Modifications and Diet for Hypertension**

- 1. Lose weight** if overweight around 5-10% of body weight also helps
- 2. Exercise**
  - a. 30 mins of moderate level activity (aerobic) minimum for most days of the week
- 3. Good Sleep 8 hrs**
- 4. Diet high in**
  - a. Fruits
  - b. Vegetables
  - c. Nuts
  - d. Beans
  - e. Dairy Products Low Fat
  - f. Whole Grains
- 5. Diet low in**
  - a. Salt (Sodium)
  - b. Redmeat
  - c. Sugar
  - d. Beverages
  - e. Saturated Fats