



HYPERTENSION

HIGH BLOOD PRESSURE

70% OF AMERICANS ARE AT
RISK FOR HYPERTENSION

Risk Factors:

Obesity
High Salt Diet
Low Physical Activity
Alcohol Consumption
Aging
Low Sleep Quality

NORMAL BLOOD
PRESSURE IS

**120 /
80**



PREVENT HYPERTENSION BY



- Increase physical activity
- Eat less red meat
- Eat at home more than eating out
- Use less salt
- Eat more fruits and vegetables
- Replace packaged snacks with fresh foods and whole grains

