

# PRESSURE POINTS



March 2014

HIGH BLOOD PRESSURE NEWS YOU CAN USE

## Nutrition Can Improve High Blood Pressure



Combined with exercise, one of the best ways to improve blood pressure control is by eating healthier foods. There is a lot of information available about different diets and fads, and it can be difficult to know what the good options are. Here's a good plan to follow.

### The DASH Diet

*US News & World Report* recently selected the DASH diet as the **best diet** for the 4th year in a row.

The expert panel of physicians assembled by *US News & World Report* chose DASH because it is proven to improve health and it has a balance of healthy food groups. It's been proven to lower blood pressure and cholesterol, and is associated with lower risk of several types of cancer, heart disease, stroke, heart failure, kidney stones, developing diabetes, and slowing the progression of kidney disease.

The DASH diet is especially recommended for people with hypertension (high blood pressure). It's been proven to lower blood pressure in studies sponsored by the National Institutes of Health (**Dietary Approaches to Stop Hypertension**). In addition to being a low salt (or low sodium) plan, the DASH diet provides additional benefits to reduce blood pressure. It is based on an eating plan rich in fruits and vegetables, and low-fat or non-fat dairy, with whole grains. It's a high fiber, low to moderate fat diet, rich in potassium, calcium and magnesium.

The DASH diet - or Dietary Approaches to Stop Hypertension focuses on:

- Fresh fruits and vegetables
- Whole grains, such as whole wheat pasta, brown rice, quinoa and rolled oats
- Low-fat and fat-free milk and milk products, such as cottage cheese and yogurt
- More lean meats, fish, poultry and nuts

Following this plan, you should also try to reduce amounts of:

- Sweets, added sugars, sugary drinks
- Fats and cholesterol
- Salt, or sodium, in foods like pickled and canned foods, frozen meals, fast foods, canned soups, deli meats, sauces and condiments, and instant rice, pastas, and cereals.

By eating the foods recommended in this plan, you'll be eating ones that are rich in nutrients such as minerals (like potassium, calcium and magnesium), protein and fiber. These nutrients can help to lower blood pressure.

For more information, check out the National Institute of Health's website about the DASH diet and healthy eating:

[www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm).

### Questions for Your Health Care Team

- Is the DASH diet right for me?
- Should I be doing balance exercises on a regular basis?

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## Balance Exercises Can Prevent Falls

Falls and fall-related injuries, such as hip fractures, can have a serious impact on an older person's life. If you fall, it could limit your activities or make it difficult to live independently. Balance exercises, along with certain strength exercises, can help prevent falls by improving your ability to control and maintain your body's position, whether you are moving or still.

### Balance Exercises to Try

The five exercises that follow are aimed at improving your balance and your lower body strength. They include:

- Standing on one foot
- Walking heel to toe
- Balance walk
- Back leg raises
- Side leg raises

### Improve your balance by standing on one foot.

- Stand on one foot behind a sturdy chair, holding on for balance
- Hold position for up to 10 seconds
- Repeat 10 to 15 times
- Repeat 10 to 15 times with other leg
- Repeat 10 to 15 more times with each leg

For further instructions on exercises listed above please go to National Institute of Health <http://nihseniorhealth.gov/exerciseandphysicalactivity/exercises/01.html>.

## Recipe for Heart Health: *Baked Pork Chops*

*Courtesy of National Heart Lung and Blood Institute*

Serves 6; Prep time: 10 minutes; Cook time: 35 minutes

You can really sink your chops into these – they're made spicy and moist with egg whites, evaporated milk and a lively blend of herbs.



- |  |                                |
|--|--------------------------------|
| 6 lean center-cut pork chops, ½-inch thick   | ¾ teaspoon chili powder        |
| 1 egg white (or substitute liquid egg white) | ½ teaspoon garlic powder       |
| 1 cup fat-free evaporated milk               | ½ teaspoon ground black pepper |
| ¾ cup cornflake crumbs                       | ½ teaspoon cayenne pepper      |
| ¼ cup breadcrumbs                            | ½ teaspoon dry mustard         |
| 4 teaspoons paprika                          | ½ teaspoon salt                |
| 2 teaspoons oregano                          | Cooking spray                  |

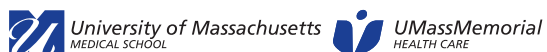
Preheat oven to 375 °F. Trim fat from pork chops. Beat together egg white and evaporated milk. Place pork chops in milk mixture, and let stand for 5 minutes, turning once.

Meanwhile, mix cornflake crumbs, breadcrumbs, spices and salt. Spray cooking spray on 13- by 9-inch baking pan. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.

Place pork chops in pan and bake at 375 °F for 20 minutes. Turn chops and bake for an additional 15 minutes until pork is fully cooked (to a minimum internal temperature of 160 °F).

**Nutritional information (per serving):** Calories: 216; Total Fat: 8g; Saturated Fat: 3g; Protein: 25g; Carbohydrates: 10g; Cholesterol: 10g; Fiber: 1g; **Sodium: 346mg**

## Center for the Advancement of Primary Care



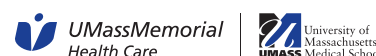
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