

PRESSURE POINTS



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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

The eating plan recommended by the National Heart, Lung, and Blood Institute is the **DASH diet** - or **D**ietary **A**pproaches to **S**top **H**ypertension. It 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

Questions for Your Health Care Team

- How much protein should I get every day?
- What are some healthy drink choices to accompany a good diet?



Emergency Food Programs

The following two programs offer food assistance in the Worcester area:

- SNAP – Supplemental Nutrition Assistance Program
- WIC – Women, Infants and Children

For more information, visit any patient financial counseling office at UMass Memorial Medical Center or call 508-334-9300.

Recipes for Heart Health: *Pork with Spicy Orange Cranberry Sauce*

Courtesy of the *Diabetic Cooking Magazine* - diabeticcooking.com

Makes four servings (1 pork chop and ¼ cup cranberry sauce).

1 teaspoon chili powder	1 tablespoon canola oil
½ teaspoon ground cumin	1 cup whole cranberry sauce
¼ teaspoon allspice	½ teaspoon grated orange peel
¼ teaspoon salt	¼ teaspoon ground cinnamon
¼ teaspoon black pepper	⅛ teaspoon red pepper flakes
4 boneless pork chops (about 1 pound)	



Combine chili powder, cumin, allspice, salt and black pepper in small bowl. Mix well. Sprinkle evenly over both sides of chops. Set aside.

Place oil in large nonstick skillet over medium heat until hot. Add chops. Cook four to five minutes on each side or until barely pink in centers.

Combine cranberry sauce, orange peel, cinnamon and pepper flakes in small bowl. Mix well. Serve sauce with pork chops.

Nutritional information: Per serving 276 calories, 9g fat, 2g saturated fat, 0g trans fat, 51mg cholesterol, 20g protein, 28g carbohydrates, 2g dietary fiber, **204mg sodium**

Resistance Bands Offer Exercise Opportunity

Resistance bands are inexpensive and small enough to fit in your pocket. Try adding one of these exercises to your workout routine. You can easily try a few at the office or in front of TV.

Overhead Press

Place band under ball or stand on band holding handles in both hands. Begin with arms bent in 'goal post', wrists straight and abs in. Contract the shoulders to straighten arms up and lower back down.



One-arm Rear Flies

On hands and knees, hold one side of the band in the right hand and grab the other end with the left hand. Keep the right hand in place as you lift the left arm straight up to shoulder level leading with the elbow and squeezing the back and shoulder. Adjust hand placement to increase or decrease tension.

These exercises and pictures are from About.com

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