



## **My Plan To Prevent or Control High Blood Pressure**

Check two or three things you will do. Add more things over time.

### **Add Spice—Not Salt—to Your Life**

- Season foods with herbs and spices like garlic, hot pepper, cilantro, and onion instead of salt.
- Eat more fruits and vegetables instead of salty snacks.

### **Take Heart. Try To:**

- Lose weight if you are overweight.
- Eat smaller portions—do not go back for a second serving.
- Get 30 to 60 minutes of moderate physical activity on most days.
- Limit alcohol.



### **If You Have High Blood Pressure:**

- Have your blood pressure checked often.
- Take your medicines the way your doctor tells you.

