

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

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

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

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

### **2. 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.

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

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

**Your health and your family's health are priceless.**

**Make an investment in it!**

## Questions to ask the doctor about high blood pressure medicine:

Name of medicine(s): \_\_\_\_\_

Amount of medicine to take: \_\_\_\_\_

When to take it: \_\_\_\_\_

What to eat or drink with it: \_\_\_\_\_

If you can take other medicines safely at the same time:  yes  no

If problems occur,  
call this number immediately: \_\_\_\_\_

