

# HYPERTENSION

Nutrition plays a huge role in our health. In fact, it's so important that around here we compare it to medicine! The foods we eat can directly impact our health, either in a negative or positive way. At Hunger and Health Coalition, we believe that everyone deserves access to the foods they need to be their healthiest and happiest selves!

## INDIVIDUALIZED NUTRITION COUNSELING

Let a staff member know if you would like to sign up for one-on-one counseling with a member of our nutrition team! Sessions can be in person, over the phone, or through zoom and are always FREE!

## TAILORED FOOD BOXES

We are not your typical food pantry! At Hunger and Health, we equip you with the food you need to manage your health. This includes medically-tailored pantry boxes, fresh produce, and baked goods.

## FREE PHARMACY

We also have a pharmacy that can assist with your medications if you do not have insurance or Medicaid part D. We do not carry any controlled substances.



HERE, **FOOD** IS MEDICINE

High blood pressure makes it harder for our heart to pump blood. Uncontrolled high blood pressure can lead to other conditions like heart failure and stroke.

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## WHAT'S IN YOUR BOX



### HIGH FIBER ITEMS

- Adding fiber to your diet can help to lower the bad type of cholesterol in your blood. Fiber is found in whole grains, fruits, and vegetables.

### LOW SODIUM ITEMS

- Too much sodium can increase your blood pressure & make your heart work harder.

### LEAN PROTEIN & HEALTHY FATS

- Sources of unsaturated fats like salmon, tuna, and plant oils are healthy for your heart!

Try swapping saturated fats (butter, lard) for unsaturated fats (olive oil, canola oil).  
Reduce sodium intake by using more herbs and salt-free seasonings!

## FOODS TO LIMIT:

- **Processed Meats/High fat meats** - These items are typically higher in saturated fats and sodium.
- **Refined Carbohydrates** - Refined carbohydrates (white bread, white rice, pasta made with white flour, some snack foods) don't have as much fiber. Look for "wholewheat flour" as the first ingredient on the food label.
- **Foods High in Sodium** - Even foods that don't taste salty can be high in sodium. Look at the nutrition label for items below 20% DV of sodium. Fast food can also add a lot of sodium to your diet!

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