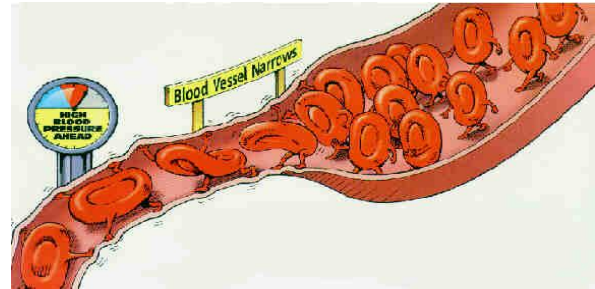


# Hypertension (High Blood Pressure) - The Silent Killer

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Hypertension is known as high blood pressure (BP greater than 140/90) can be damaging to your blood vessels. Narrow blood vessels does not allow for good blood flow- if a clot forms and bursts it can lead to a heart attack and eventually heart failure. There are many **controllable** lifestyle factors that help lower your blood pressure:

- ❑ Maintain a healthy body weight
- ❑ Regular physical activity- up to 30 minutes day
- ❑ Avoid Alcohol
- ❑ Do not smoke
- ❑ Reduce your stress
- ❑ **Limit your salt intake**



While it is important **not to use the salt shaker**, most of the salt you eat is likely from packaged, processed, convenience and restaurant foods. Limit salty tasting foods including pickles, olives, smoked and processed meats such as bacon or ham, potato chips, nachos, pretzels, instant rice or noodles, canned or packaged soup, and flavourings such as garlic salt, celery salt, fish sauces and soy sauce.

## *Cooking with Herbs & Spices*

*Buy fresh foods and flavour them home. Use these flavour enhancers to help by adding them to your meat and vegetable dish.*

Meat & Alternatives	Suggested Flavour Enhancers
<b>FISH</b>	Basil, curry powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme
<b>POULTRY</b>	Basil, cranberry sauce, ginger, paprika, parsley, sage, thyme, lemon juice, poultry seasoning
<b>BEEF</b>	Mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme
<b>PORK</b>	Apple juice, applesauce, garlic, marjoram, sage, onion, paprika
<b>TOFU</b>	Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce
Vegetables	
<b>SQUASH</b>	Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon
<b>BROCCOLI</b>	Lemon juice, pepper, sesame seeds
<b>GREEN BEANS</b>	Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar
<b>RED CABBAGE</b>	Apple, cider vinegar, caraway seeds, honey
<b>CAULIFLOWER</b>	Nutmeg, onion, garlic
<b>PEAS</b>	Mint, chervil, chives, lemon juice, onion, mushroom, parsley
<b>TOMATOES</b>	Basil, onion, garlic, oregano, sugar, parsley, rosemary
<b>SWEET POTATOES</b>	Cinnamon, nutmeg, apples, brown sugar, maple syrup

### Homemade Mrs. Dash Seasoning

- 1 teaspoon dried basil
- 1 tablespoon dry mustard
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 1 tablespoon onion powder
- Sprinkle of celery seed
- 1 tablespoon garlic powder
- ½ teaspoon dried rosemary
- 1 teaspoon paprika

Mix all ingredients and add to an empty shaker with a few pieces of rice to allow for easy flow.

If you would like to learn more information about spices and herbs or how healthy eating can help your health, please call the MBQ Community Wellbeing Centre to book an appointment with the dietitian at 613- 967-3603.