



TeamCare News

Managing Your Blood Pressure

May 2009

The American Heart Association reports from recent estimates, about one in three U.S. adults have high blood pressure.

Because there are no symptoms, nearly one-third of these people don't know they have high blood pressure. Uncontrolled high blood pressure can lead to stroke or heart attacks. The only way to tell if you have high blood pressure is to have your blood pressure checked.

You can get your blood pressure checked at a local drug store or pharmacy.

The Silent Killer

High blood pressure is called the “silent killer” because often there no symptoms of high blood pressure. Your numbers are your only warning.

Normal blood pressure: Less than 120/80 mmHg
Prehypertension: Between 120-139 / 80-89 mmHg
Hypertension: Higher than 140/90 mmHg

Even if you don't have high blood pressure, take these steps to make sure you are keeping your blood pressure under control.

- Maintain a healthy weight
- Be physically active
- Follow a healthy eating plan
- Eat foods low in sodium (salt)
- Drink alcohol in moderation
- Reduce your stress level



The Power of Potassium

Potassium, as well as calcium, plays an important role in regulating high blood pressure.

Choose foods high in potassium like:

- Bananas
- Beans
- Tofu
- Potatoes



Try baking, roasting or steaming vegetables. Avoid boiling since potassium leaches out into the water during cooking.

Sour Cream and Herb Potato Salad with Vegetables

Ingredients:

- ¾ cup low fat sour cream
- ¼ cup plain nonfat yogurt
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh dill weed
- ½ teaspoon salt
- 6 cups quartered small red potatoes (about 1 ¾ pound)
- ½ cup frozen green peas, defrosted
- ½ cup red and/or green peppers chopped
- 3 tablespoons grated parmesan cheese



Combine first 5 ingredients in a bowl and stir well. Add vegetables to sour cream mixture. Cook potatoes in the microwave until they are done. Let potatoes cool and cut up into bite sized pieces. Add sour cream sauce to potatoes and gently stir.

Nutrition Information: Calories 141, fat 3.3 g, protein 4.9 g, carbohydrates 23.7 g, fiber 2.8 g, cholesterol 10 mg, sodium 193 mg

Information provided by:
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Cooking with Herbs Instead of Salt

Soup: Add a bay leaf, tarragon, marjoram, or parsley

Poultry: Try garlic, oregano, rosemary, or sage

Beef: Season with chives, cloves, cumin, garlic, hot pepper or rosemary

Fish: Try dill, fennel, tarragon, garlic, thyme, or parsley

Vegetables: Add basil, chives, dill, parsley, pepper, or Italian seasoning



Next webinar:

May 20th 12-12:30 “Catching some z’s – tips to help you sleep better.”

For more information, contact Natalie at 866-724-0032 or teamcare@delapro.com