

Getting to Goal

Eating healthy:

Why it's so important for African Americans with high blood pressure.

Studies show that African Americans are 50% to 100% more likely to get high blood pressure than white Americans.¹ They are also more likely to be overweight or obese.² Being overweight is a risk factor for high blood pressure.³ Eating a healthy diet to manage your weight is one way to lower blood pressure that you can control.

Making Better Food Choices

You can't change every high blood pressure risk factor, but you can watch what you eat. You don't have to give up most of the foods you love! By swapping in these healthier substitutes, you can trim fat and calories from your diet and pack your day with more nutrients.

Smart Substitutes

Instead of this...	Eat this...
White bread and rice	Whole wheat bread and brown rice
Whole milk and cheese	Skim milk and low-fat cheese
Ground beef	Extra-lean ground beef, ground chicken or turkey
Hot dogs	Vegetarian hot dogs
Fried foods	Grilled, baked or broiled foods
Salt	Lemon juice, vinegar or salt-free spices
Mayonnaise	Low-fat mayo or low-fat salad dressing
Butter	Light margarine
Potato chips	Low-fat popcorn
Cookies	Dried apricots, apple
Soda	Sparkling water mixed with fruit juice

Super Foods

These super-delicious super foods are packed with nutrients like magnesium, potassium, and fiber, which can help lower blood pressure:⁴

Collard greens	Strawberries	Sweet potatoes
Spinach	Kale	Almonds
Lima beans	Split peas	Bananas
Raisins	Peaches	Oatmeal

Your race and family background are risk factors you cannot control. But one thing you can control is your diet. Eating healthier can help you manage high blood pressure.⁵



(Over, please)