

REDUCE SODIUM TO LOWER RISKS OF HYPERTENSION



High blood pressure is becoming a great problem in our country and the Government is spending a lot of money on buying drugs and treating patients with hypertension. This is a serious health concern, as people who have high blood pressure are at a higher risk of health conditions, such as heart disease, kidney failure and stroke. The food we eat contributes a lot to the development of high blood pressure. So, there is a diet recommended for people who want to prevent or treat hypertension and other related risks. One of the recommended diets must include fruits, vegetables, whole grain food, lean meats and



low intake of red meat, salt, added sugars and fat. This diet helps to reduce the amount of salt we eat. If this diet is followed well, it can be beneficial in decreasing the risks of cancer, diabetes and heart disease. Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg. You should limit sodium to 2,300



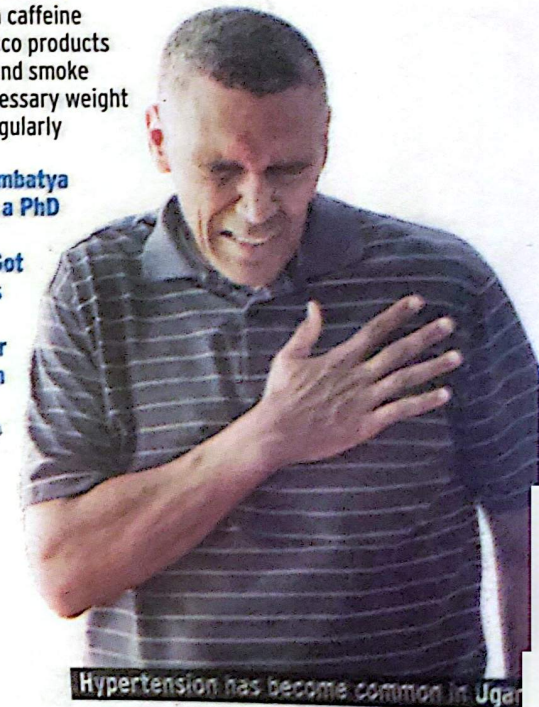
Cut back on caffeine found in coffee to prevent hypertension

milligrams (mg) a day or less. Although reducing salt intake from processed foods is beneficial for most people, eating too little salt may also be harmful. In addition to sodium reduction, here are other factors you have to consider to prevent hypertension:

- Limit the amount of alcohol you drink

- Reduce your stress
- Cut back on caffeine
- Avoid tobacco products and second hand smoke
- Lose unnecessary weight
- Exercise regularly

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Hypertension has become common in Ugan