

HYPERTENSION

Blood pressure which remains consistently high and not just once / twice is termed hypertension.

Blood pressure is measured in two parameters. One is systolic (upper) and second is diastolic (lower), 120/80 mm of mercury, is the normal reading. But a lot of doctors consider 140/90 mm of mercury within the normal range in young adults.

CAUSES

- 1) In most cases the cause for high blood pressure is not known.
- 2) Familial heredity.
- 3) Stress.
- 4) Kidney pathology
- 5) Hormonal imbalance.
- 6) More than 80% of hypertension is "Essential hypertension" for which no cause can be found.

COMPLICATIONS

- 1) Stroke
- 2) Heart attack.
- 3) Damage to kidney.

DIETARY MANAGEMENT

- 1) DASH (Dietary Approaches to Stop Hypertension) diet is common diet recommended in hypertensive patients.
 - Cut down salt (common table salt) intake in your diet; do not exceed more than 2 to 2.5 gm a day.
 - In case of severe hypertension do not consume salt at all till the blood pressure lowers down. Later you can start with balanced diet with low salt and fats in your diet.
 - Add very little salt to food; do not add salt to cooked food.
 - Avoid other sources of salts like- baking powder and baking soda (sodium bicarbonate), monosodium glutamate and sodium benzoate. These are commonly known as Worcestershire sauce, soy sauce, onion salt, garlic salt and bouillon salt.
 - Avoid salt-preserved foods like ketchups, sauces, pickles, canned and processed foods.
 - Consume food rich in magnesium:
 - Sea food, nuts, green leafy vegetables, sea plants like Japanese sea plants, whole, peas, lotus stem, pulses, legumes and oil seeds.
 - Increase calcium intake:-
 - Milk, nuts and sea food, green leafy vegetables, whole grains, peas, lotus stem, pulses, legumes and oil seeds.
 - Certain fruits like - custard apple and banana are high in calcium.
 - Reduce intake of diet rich in saturated fats e.g. meat, eggs, milk products, cheese, butter etc.
- Avoid foods rich in cholesterol: ground nut oil, ghee, butter, , lard (fats derived from pig meat), tallow (fats derived from goat or sheep mutton), oily fish and red meat - all non-vegetarian food contain cholesterol in varied amount.
- Avoid non-vegetarian food especially red meat.

- Increase intake of foods that contain PUFA's (poly unsaturated fatty acids): flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are safflower oil, soybean oil, sesame oil, mustard oil and olive oil. As all oils are high in fats, its consumption should be limited. The intake of oils should not exceed 20gms a day.
- Consume whole grain cereals and whole pulses.
- Take high fiber diet - whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
- Cut down the intake of sugar and other sweeteners.
- Avoid fat-rich portions of flesh foods. Instead have lean meat.
- Avoid fat-rich desserts and fried snacks like cakes, pastries, puddings etc
- Instead of frying food boil, steam, grill or roast food.
- Avoid coffee and caffeinated drinks.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .