

# Your Journey Towards a Heart Healthy Lifestyle

## Blood Pressure Levels for Adults (18+)

Category	Systolic (Upper number)	Diastolic (Lower number)
Normal	Less than 120	Less than 80
Above normal (watch)	121 - 139	80 - 89
Elevated	140 - 159	90 - 99
Get Help	160 - 179	100 - 109
Danger	Higher than 190	Higher than 110

If you have questions or concerns about your levels, please contact your physician's office.

To learn more, visit [ebaptisthealthcare.org/heart](http://ebaptisthealthcare.org/heart).

## Blood Pressure Tracker Tips

- Try to take readings at the same time every day.
- Avoid smoking, caffeine or exercise within 30 minutes before measuring your BP.

## Take Control of Your BP

- Take your prescribed medicine.
- Eat a low fat, low sodium diet.
- Stop smoking.
- Limit alcohol and caffeine.
- Exercise regularly, as recommended by your physician.

### Baseline Measurements

Post 5 - 10 minute relaxation

Date: \_\_\_\_\_  Right arm : \_\_\_\_\_ / \_\_\_\_\_  Right arm : \_\_\_\_\_ / \_\_\_\_\_  
 Time: \_\_\_\_\_  Left arm: \_\_\_\_\_ / \_\_\_\_\_  Left arm: \_\_\_\_\_ / \_\_\_\_\_

Date: _____ Time: _____ <input type="checkbox"/> Right arm : _____ / _____ <input type="checkbox"/> Left arm: _____ / _____	Date: _____ Time: _____ <input type="checkbox"/> Right arm : _____ / _____ <input type="checkbox"/> Left arm: _____ / _____	Date: _____ Time: _____ <input type="checkbox"/> Right arm : _____ / _____ <input type="checkbox"/> Left arm: _____ / _____
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# Steps to Perform Every Day

- Weigh yourself in the morning (after you empty your bladder but before breakfast), write it down and compare it to yesterday's weight. Record weight gain or loss on your **Daily Weight Record**.
- Take your medications as prescribed.
- Eat low-salt foods. (Salt substitutes that contain potassium chloride, such as Morton Lite Salt or Nu-Salt, should be avoided.)
- Check for swelling in your feet, ankles, legs and stomach.
- Avoid drinking more than two liters of all fluids per day. (Two liters is approximately eight cups or two quarts.)
- Look at the zones below. Which zone are you today?



## Green Zone: You're doing great!

- No shortness of breath
- No swelling
- No weight gain
- No decrease in your activity level
- No chest pain

## Green Zone means: All clear

Your symptoms are under control  
Keep taking your medications as directed  
Continue your "everyday steps" listed above



## Yellow Zone: Symptoms starting - Caution!

- Weight gain of two or more pounds in one day or five or more pounds in one week.
- Coughing more
- More swelling
- More shortness of breath
- Sleeping on more pillows
- More tired or weak than usual

## Yellow Zone means: Warning

Your medications may need to be adjusted  
Call your heart doctor or the  
Heart Failure Clinic

My doctor: \_\_\_\_\_

Phone number: \_\_\_\_\_



## Red Zone: Danger

- Shortness of breath all the time
- Chest pain that does not go away
- Wheezing or noisy respirations
- Need to sit up fully to sleep
- Weight gain of more than five pounds in one day
- Heart beating too fast or too slow
- Confusion

# Guidelines for Low Sodium Food Choices

Goal: Keep a meal less than or equal to 600mg of sodium



## Green light – GO – OK to choose often

Less than 140mg sodium per serving

- Fresh pork, beef, chicken, turkey and fish
- Tuna packed in water
- Nonfat (skim) or 1 percent milk, yogurt milk powder
- Dried beans and peas
- Pasta, rice or other starches made with very little or without salt
- Cold/hot cereals with less than 140mg of sodium
- Low sodium or sodium-free canned vegetables or soups
- Fresh and frozen vegetables without added sauces
- Fresh, frozen and canned fruits
- Unsalted pretzels, popcorn or nuts
- Spices/herbs, vinegar, lemon/lime juice, pepper sauce, oils and salt-free seasonings



## Yellow light – CAUTION – Use only in limited amounts

140mg-300mg of sodium per serving

- Cheese: brick, gouda, goat cheese, mozzarella, cream cheese, swiss, etc.
- Some cereals or baked goods made with baking soda
- Some low-salt snacks (ex. “Hint of Salt” Triscuits)
- Mustard, ketchup, mayonnaise and salad dressing



## Red light – STOP – Avoid/restrict use

More than 300 mg of sodium per serving

- Deli or lunch meat: bologna, ham, turkey, roast beef, etc.
- Cured or smoked meats: corned beef, sausage of any kind, hot dogs, bacon, etc.
- Canned meats: potted meats, spreads, Spam, Vienna sausages, etc.
- Frozen foods: dinner entrees, vegetables with sauces, etc.
- Canned foods: soups, stews, gravy mixes and some vegetables
- Instant foods to which you add hot water: potatoes, cereals, noodles, rice
- Processed starchy foods: seasoned noodle or rice dish, stuffing mix, macaroni and cheese
- Snack foods: salted chips, popcorn, pretzels, pork rinds and crackers
- Pickles and olives

