
Healthy Eating Resources for People with High Blood Pressure

The following tools and resources have been chosen to help you find healthy eating information to prevent or lower high blood pressure.

These tools and resources are believed to be reliable and accurate at the time of publication. They should not be considered an endorsement of any information, service, product or company.

Recipes

The recipes in the resources below are generally higher in fibre, and lower in saturated fat, cholesterol and sodium. They are recommended for recipes and flavouring ideas, not as replacements for your diet guidelines.

Cookbooks

- American Heart Association Low-Salt Cookbook 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet. American Heart Association, 2013.
- Lighthearted at Home: The Very Best of Anne Lindsay. Anne Lindsay, 2010.
- The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking. Anne Lindsay, 2005.
- The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes. Marla Heller, 2013.

Website Recipe Collections

- Dietitians of Canada, Cook Healthy Recipes.
www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy.aspx

- | Heart and Stroke Foundation, Recipes.
www.heartandstroke.com/site/c.kiIQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipes.htm
- | Mayo Clinic, DASH Diet Recipes.
www.mayoclinic.com/health/dash-diet-recipes/RE00089

Tools

The tools below help you to assess, monitor and track your progress towards your healthy eating and healthy weight goals.

- | Big Life Salt Calculator: This tool allows you to quickly assess the amount of sodium you eat and the main sources of sodium in your diet. www.projectbiglife.ca
- | Dietitians of Canada (www.dietitians.ca) is the national professional association for Registered Dietitians in Canada. Under the [Your Health](#) section you will find:
 - | [Assess Yourself](#): This section helps you assess your current eating habits.
 - | [Plan, Shop, Cook](#): This section provides information, tips and recipes for a healthy and delicious diet.
 - | [Nutrition A-Z](#): This section provides science-based fact sheets on a variety of nutrition topics from antioxidants to zinc.
- | eaTracker: This website can analyze recipes, help you plan your meals and track your activity. Use it to set eating and activity goals, and track your progress toward meeting those goals. www.eatracker.ca
- | Eat Wise: This website lets you look up common foods, including some brand name food products, and view the nutrients they contain. You can search by food item or brand name. Nutrition information is given for the nutrients listed in the Nutrition Facts table on food labels. www.eatwise.ca
- | Health Check™: This website includes a searchable database of Health Check™ grocery products and restaurant foods approved by the Health Check dietitians of the Heart and Stroke Foundation. www.healthcheck.org

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This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

- | [My Healthy Weight Action Plan™](#) and [My Blood Pressure Action Plan™](#): These tools are designed by the Heart and Stroke Foundation to help you manage your high blood pressure. The Healthy Weight Action Plan™ is a 12-week web-based program to help you achieve and maintain a healthy body weight. The program is free of charge and can be accessed on the Heart and Stroke Foundation website at www.heartandstroke.ca.
- | [Sodium 101](#): This website includes information on high blood pressure and tips for reducing sodium in your diet. It also includes a link to the Sodium 101 mobile app that lets you track how much sodium you eat each day and track your progress towards making lower-sodium food choices. www.sodium101.ca/iphone-app
- | Your Guide to Lowering Blood Pressure with DASH: This guide includes tips for starting on the DASH eating plan as well as sample menus and recipes. www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Websites

- | Healthy Canadians: This website provides information on healthy eating and includes tips for reducing your sodium intake by making healthier food choices at the store, at home, and when eating out. www.healthycanadians.gc.ca
- | Hypertension Canada: This website includes information on healthy eating, how to read nutrition labels, and tips for reducing sodium intake. www.hypertension.ca



Additional Resources

- | Heart and Stroke Foundation of Canada www.heartandstroke.ca. Provides useful heart health information, as well as low sodium, heart healthy recipes. Call 1-888-473-4636.
- | American Heart Association www.americanheart.org
- | Canadian Hypertension Society and Blood Pressure Canada

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- www.hypertension.ca. Provides healthy lifestyle recommendations for prevention and treating hypertension.
- | Blood Pressure Canada and The Canadian Stroke Network, "Sodium 101" www.sodium101.ca. This interactive and informative website demonstrates sources of sodium in the diet and shows how to reduce sodium intake.
 - | National Heart, Lung & Blood Institute (US) www.nhlbi.nih.gov. For a booklet on the DASH diet, go to www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm.
 - | The Kidney Foundation of Canada www.kidney.ca. Brochure: "High blood pressure and your kidneys" www.kidney.ca/page.asp?intNodeID=22131

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