

Know your numbers

An unhealthy lifestyle will raise your blood pressure over time. The more you can reduce your blood pressure, the lower your risk of a heart attack or stroke will be.

Eat less salt

Too much salt raises your blood pressure, so it is important to eat as little as possible. Most of the salt you eat is not what you add to your food, but is in prepared foods like bread, breakfast cereals and ready meals. When shopping for food, check the labels and choose low-salt options when you can. Don't add salt when cooking. This includes things like soy sauce, curry powders and stock cubes. Bread and breakfast cereals and table sauces like ketchup can contain a lot of salt. Don't be too concerned about the exact amount of salt you eat, instead try to always eat foods with the lowest salt level. 6g of salt a day is the maximum you should eat, and the less you eat the better.

Eat more fruit and vegetables

Eating more fruit and vegetables helps to lower your blood pressure. Adults should eat at least five portions of fruit and vegetables every day. To help lower blood pressure, adults should eat at least 5 different portions of fruit and vegetables per day (a portion is 80 grams, or roughly the size of your fist).

Drink less alcohol

If you drink too much alcohol, this will raise your blood pressure over time. The current recommended limits are no more than 21 units of alcohol a week for men, and 14 units a week for women. A unit is roughly half a pint of beer or cider, a small glass of wine, or a single pub measure of spirits.

Get more active

Being moderately active for 30 minutes five times a week can keep your heart healthy, and can lower your blood pressure. If you can't find 30 minutes in your day, increasing your activity by even a small amount can help. Think about how you can be more active in your daily life. Any activity that leaves you feeling warm and slightly out of breath is ideal.

