

Complement your blood pressure therapy with a better diet

Your current weight _____ lb
and blood pressure _____ mm Hg
Your goal weight _____ lb
and blood pressure _____ mm Hg

■ Before beginning any program of weight reduction or exercise, consult your doctor.

■ Being overweight is one of the most common — and most significant — health risks for Americans today.

■ In combination with high blood pressure, being overweight can contribute to increased risk of heart disease.

■ The following information, if recommended by your doctor, can help you develop an effective weight-reducing meal plan that is satisfying, too.

Calories, cholesterol, and fat:

■ Try to limit fat intake to less than 30% of total daily calories.

■ Try to limit daily cholesterol intake to less than 300 milligrams.

■ Reduce total daily calorie intake on the advice of your physician.

Foods to limit/avoid:

■ Egg yolk, organ meats, animal fats, tropical oils (i.e., coconut, palm), and whole milk products.

Foods to enjoy:

■ Fruits, vegetables, whole grains, lean meats, and skinless chicken.

Exercise:

■ Try to fit a daily walk into your routine.

■ Take the stairs instead of the elevator; park farther from the store or office.

■ Be active for life — choose sports and activities you will enjoy and continue.

The inside story on some common foods

	Calories	Fat (g)	Cholesterol (mg)
DAIRY PRODUCTS			
Butter, Cream, and Toppings			
Butter (1 tsp)	36	4.1	11
Dessert topping: nondairy, frozen (1 tbsp)	13	1.0	0
Heavy cream: fluid (1 tbsp)	52	5.6	21
Sour cream: real (1 tbsp)	26	2.5	5
Cheese			
American (1 oz)	106	8.9	27
Blue, Brie, Cheddar, Colby, Edam, Gouda, Gruyère, Monterey, Parmesan, Roquefort, or Swiss (1 oz)	114	9.4	30
Cottage cheese: lowfat, 1% fat (½ cup)	82	1.2	5
Cream cheese: regular (1 oz)	99	9.9	31
Ricotta:			
part skim milk (1 oz)	39	2.2	9
whole milk (1 oz)	49	3.7	14
Milk			
Buttermilk: cultured (1 cup)	99	2.2	9
Regular:			
skim or nonfat (1 cup)	86	0.4	4
whole (1 cup)	150	8.2	33
1% fat (1 cup)	102	2.6	10
2% fat (1 cup)	121	4.7	18
Yogurt			
Frozen (½ cup)	123	2.3	9
Lowfat: plain (1 cup)	144	3.5	14
Whole:			
plain (1 cup)	139	7.4	29
with fruit, 1% to 2% fat (1 cup)	225	2.6	10
EGGS			
Whole: raw (1)	79	5.6	274
Fried: in butter (1)	83	6.4	246
Scrambled: with butter and milk (1)	95	7.1	248
Egg substitute*:			
liquid (¼ cup)	50	2.0	1
frozen (¼ cup)	96	6.7	1
Omelet (1 egg): with butter and milk	95	7.1	248
FATS AND OILS			
Margarine			
Corn oil: stick (1 tsp), Safflower oil: tub (1 tsp)	34	3.8	0
Oil			
Olive (1 tsp), Peanut (1 tsp), Safflower (1 tsp), Sunflower (1 tsp)	40	4.5	0

	Calories	Fat (g)	Cholesterol (mg)
FRUITS AND FRUIT JUICES			
Fruits			
Apple: raw, 2¾-in diameter (1)	81	0.5	0
Banana: 9-in length (½)	53	0.3	0
Cantaloupe (1 cup, cubes)	57	0.4	0
Grapefruit (½)	37	0.1	0
Honeydew melon (1 cup, cubes)	60	0.2	0
Orange, 2½-in diameter (1)	62	0.2	0
Peach, 2½-in diameter (1)	37	0.1	0
Pear: raw (1)	98	0.7	0
Strawberries: raw, whole (1¼ cup)	56	0.7	0
Watermelon (1¼ cup, cubes)	63	0.9	0
Fruit Juices			
Apple juice (½ cup)	58	0.1	0
Grapefruit juice: unsweetened (½ cup)	47	0.1	0
Orange juice (½ cup)	55	0.3	0
MEAT			
Beef			
Corned beef (1 oz)	110	9.1	27
Ground:			
extra lean, broiled (1 oz)	75	4.5	28
Rib eye steak: lean only, broiled (1 oz)	64	3.3	23
Lamb			
Leg: shank portion, roasted (1 oz)	51	1.9	25
Rack: rib roasted (1 oz)	66	3.8	25
Lunch Meat			
Bologna: beef and pork (1 oz)	89	8.0	16
Frankfurter:			
beef and pork (1 oz)	91	8.3	14
chicken (1 oz)	73	5.5	28
Salami: dry, pork, beef (1 oz)	119	9.8	22
Pork			
Bacon:			
regular, pan-fried, 4½ slices (1 oz)	163	14.0	24
Canadian grilled (1 oz)	52	2.4	16
Center loin: broiled (1 oz)	65	3.0	28
Ham, boneless:			
extra lean, roasted (1 oz)	41	1.6	15
canned, regular, roasted (1 oz)	64	4.3	17
Sausage			
Italian: pork, cooked (1 oz)	92	7.3	22
Pork: fresh, cooked (1 oz)	105	8.8	24
Veal			
Loin chop: braised (1 oz)	64	2.4	46

	Calories	Fat (g)	Cholesterol (mg)
POULTRY			
Chicken			
Light meat:			
without skin, stewed (1 oz)	45	1.1	22
with skin, stewed (1 oz)	57	2.8	21
Dark meat:			
without skin, stewed (1 oz)	54	2.5	25
with skin, stewed (1 oz)	66	4.2	23
Breast:			
without skin, stewed (3 oz)	144	2.9	73
with skin, stewed (4 oz)	202	8.2	83
fried with batter, meat and skin (5 oz)	364	18.5	119
Turkey			
Light meat:			
without skin, roasted (1 oz)	40	0.3	24
with skin, roasted (1 oz)	46	2.4	22
Dark meat:			
without skin, roasted (1 oz)	46	1.2	32
with skin, roasted (1 oz)	63	3.3	25
SAUCES			
Barbecue (¼ cup)	47	1.1	0
Hollandaise, with milk and butter (¼ cup)	176	17.1	47
Soy (1 tbsp)	11	0.0	0
Tomato sauce (1 cup)	80	0.0	0
SEAFOOD			
Fish			
Cod, Atlantic, cooked, dry heat (1 oz)	30	0.2	16
Fish sticks and portions, frozen and reheated (1 oz)	76	3.4	31
Flounder: cooked, dry heat (1 oz)	33	0.4	19
Halibut: cooked, dry heat (1 oz)	40	0.8	12
Salmon:			
Chinook, smoked (1 oz)	33	1.2	7
Coho, cooked, moist heat (1 oz)	52	2.1	14
Snapper: cooked, dry heat (1 oz)	36	0.5	13
Swordfish: cooked, dry heat (1 oz)	44	1.5	14
Trout: rainbow, cooked, dry heat (1 oz)	43	1.2	21
Tuna:			
light, canned in oil, drained solids (1 oz)	56	2.3	5
light, canned in water, drained solids (1 oz)	36	0.2	NA
Shellfish			
Clams: cooked, moist heat (1 oz)	42	0.6	19
Crab:			
Alaskan king, cooked, moist heat (1 oz)	27	0.4	15
Lobster: northern, cooked, moist heat (1 oz)	28	0.2	20
Scallops: breaded and fried (2 large)	67	3.4	19
Shrimp:			
cooked (1 oz)	28	0.3	55
breaded and fried (4 large)	73	3.7	53
SOUPS			
Canned			
Beef broth/bouillon, ready-to-serve (1 cup)	16	0.5	Tr
Beef, chunky-style, ready-to-serve (1 cup)	171	5.1	14
Chicken noodle, prepared with water (1 cup)	75	2.5	7

	Calories	Fat (g)	Cholesterol (mg)
Cream of mushroom, prepared with water (1 cup)	129	9.0	2
Minestrone, prepared with water (1 cup)	83	2.5	2
Split pea with ham, prepared with water (1 cup)	189	4.4	8
Tomato, prepared with water (1 cup)	86	1.9	0
Vegetarian vegetable, prepared with water (1 cup)	72	1.9	0
VEGETABLES			
Beans:			
lentils (1 cup)	212	0	0
green, snap, fresh, frozen, cooked (1 cup)	34	0.1	0
Broccoli: medium stalk, fresh, cooked and drained (1 stalk)	47	0.5	0
Carrot: raw, approximately 1½ in × 7½ in (1 whole)	30	0.1	0
Cauliflower: frozen, cooked, approximately 7 flowerettes (1 cup)	32	0.4	0
Corn (½ cup)	80	0	0
Lettuce: raw, crisp head varieties, chopped or shredded (1 cup)	7	0	0
Olives: ripe, whole, extra large (10 whole)	61	6.5	0
Peas: green (½ cup)	80	0	0
Potato:			
white, baked in skin, 2⅓ in × 4¾ in (1 whole)	145	0.2	0
sweet, baked, 5 in × 2 in (1 whole)	161	0.6	0
mashed with whole milk and margarine (½ cup)	111	4.4	2
scalloped with whole milk and butter (½ cup)	105	4.5	14
Soybeans:			
cooked (1 cup)	234	10.3	0
curd (tofu): 2½ in × 1 in (1 piece)	86	5.0	0
Spinach: frozen, cooked (1 cup)	47	0.6	0
Squash:			
summer, fresh, cooked, sliced (1 cup)	25	0.2	0
winter, frozen, cooked (1 cup)	91	0.7	0
Tomato: fresh, raw, 3-in × 2⅛-in height (tomato = 6 slices) (1 whole)	40	0.4	0
WHEAT, GRAIN, AND WHITE FLOUR PRODUCTS			
Bread			
Bagel (1)	212	1.3	0
Bread sticks: 7¾-in × ¾-in diameter (5)	96	0.8	0
Bread:			
white (1 slice)	68	0.8	0
whole wheat (1 slice)	61	0.8	0
English muffin: plain (half)	67	0.7	0
Muffin: bran, 2-in bottom diameter (1)	104	3.9	NA
Pancake: with egg and milk, 6-in diameter × ½-in thickness (1)	164	5.3	NA
Roll: hard, 3¾-in diameter × 2-in height (1)	156	1.6	NA
Pasta and Rice			
Noodles: egg (1 cup)	200	2.4	50
Rice: white, brown, or wild (1 cup)	223	0.2	0
Spaghetti (1 cup)	155	0.6	0