

# Eat This, Instead of That!



It's good to be Blue.

Eating the right types of foods will help lower your blood pressure, which can lower your chances of heart attack or stroke! See the suggestions below to begin making a few simple adjustments in your diet to help lower your blood pressure:

Food Group	Eat this...	Instead of that...
<b>Grains</b>	Whole grain breads and cereals Whole wheat pasta Brown rice Lower-sodium crackers	White breads, rice, and pasta High-sugar cereals High-fat baked goods Salted crackers and snacks
<b>Vegetables</b>	Fresh or frozen vegetables Lower-sodium canned vegetables Brightly-colored vegetables	Canned vegetables Pickles Fried or breaded vegetables
<b>Fruits</b>	Fresh fruit	Fried fruits or fruits in cream or butter
<b>Milk</b>	Skim or 1% milk Lower-sodium cottage cheese	Whole or 2% milk Processed cheese products
<b>Protein</b>	Broiled or grilled fish Lean, skinless poultry Lower-sodium cold cuts Unsalted nuts or nut butters Dried peas and beans	Canned meat or fish Processed meats (bacon, hot dogs, sausage) Poultry with skin Salted nuts Canned beans and peas
<b>Fats</b>	Soft or liquid margarines Unsalted seeds	Solid fats (shortening or butter) Tropical oils (palm or coconut)