



Tips for lowering blood pressure

Taking steps to manage your blood pressure will protect your kidneys, heart, and blood vessels. Use these heart-healthy tips to make lifestyle changes that will help lower your blood pressure.

Take heart-healthy steps

Add these healthy habits into your everyday life to help lower your blood pressure and keep your heart healthy.

Eat a well-balanced diet

What you choose to eat has a big impact on your blood pressure. Try to choose heart-healthy foods like fruits, vegetables, whole grains, low-fat dairy, skinless poultry and fish, legumes, and heart-healthy fats like nuts and olive oil. Make it easier with these tips:

Check food labels

Reading food labels can help you make better choices. It's best to limit saturated and trans fats, items high in sodium, and fatty and processed meats.

Manage your salt

Cutting back on sodium can help lower your blood pressure. One step is skipping table salt. There are many flavorful seasonings and spices you can try instead to add variety to your dishes.

Look for the Heart-Check mark



The American Heart Association has made it easier to know what's healthy at the grocery store. Check items for the "Heart-Check mark" to see if they are heart healthy.

Try the DASH eating plan

DASH (Dietary Approaches to Stop Hypertension) is designed to help you manage your blood pressure. It focuses on healthy plant-based foods and limits red meat, sodium, added sugars, and sugary beverages. Talk to your care team about creating a DASH plan for you.

Enjoy regular physical activity

Adding regular exercise can help you lower your blood pressure, maintain a healthy weight, and manage stress too. Brisk walking can be a great place to start. Talk to your care team before starting an exercise routine.

Manage your stress

Manage your stress by adding healthy habits to your routine. Regular exercise, finding activities that bring you joy, getting enough sleep, limiting alcohol, and connecting with others are all examples of stress management.



We're here to help

Your care team can help answer your questions about lowering your blood pressure. Reach out for any support you need.