

Food Connection: Hypertension

At H-E-B Wellness we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Therefore, we would encourage you to work with your H-E-B Dietitian to help create a food and nutrition plan that is tailored to your unique needs, goals, and values. This handout is meant to act as a simplified starting resource as you look to manage your health through food.

Hypertension

High blood pressure, also known as hypertension, can result from both genetic and environmental factors. Substantial research shows that changes to dietary and lifestyle habits can have positive impacts on blood pressure management. Lowering your blood pressure to an optimal range may decrease your risk for adverse events, such as a stroke or heart disease. Lifestyle and dietary changes may also cost less and have similar impacts as taking prescription medications, for some individuals. If your doctor has recommended looking into diet modifications to manage your blood pressure, below is a summary of relevant nutrition information to help support your goals. Visit with your H-E-B Dietitian or H-E-B Wellness Primary Care provider to determine appropriate intake levels for the foods listed.

Foods to Encourage

Nutrient	Impact	Food Sources*	Amount**
Potassium	May lessen the effects of high sodium intake	1 medium sweet potato, 1 cup black beans, 1 medium avocado, 1 cup coconut water, 1 cup cherry tomatoes, ½ cup dried apricots	4,700 mg
Fiber	Helps support healthy cholesterol and blood sugar levels	1 oz almonds, 1 cup quinoa, 2 slices whole wheat bread, 1 medium apple, 1 tbsp chia seeds	M, 50 or younger: 38 grams M, over 50: 30 grams W, 50 or younger: 25 grams W, over 50: 21 grams
Magnesium	Essential for blood pressure regulation	1 oz pumpkin seeds, 1 cup yogurt, 1 cup oatmeal, 1 cup brown rice, 2 tbsp peanut butter	M, ages 19 to 30: 400 mg M, ages 31+: 420 mg W, ages 19 to 30: 310 mg W, ages 31+: 320 mg

*Each food listed under *Food Source* provides a good source, or at least 10% of the Daily Value, of the nutrient per serving. Always refer to the nutrition facts label of a food for specific quantities of nutrients as these may vary greatly.

**Quantities listed under *Amounts* based on Adequate Intakes (AI) or Recommended Daily Allowances (RDA) for the nutrient.

Foods to Limit

Nutrient	Impact	Food Sources
Sodium	May increase blood pressure in some individuals if consumed in excess	Bread, pizza, sandwiches, deli meats, salty snacks, certain ultra-processed/packaged foods
Alcohol	May briefly elevate blood pressure	Beer, wine, liquor, or mixed alcohol-containing beverages
Caffeine	May increase blood pressure temporarily	Certain sodas, tea, coffee, energy drinks

Schedule a visit with your H-E-B Dietitian for additional product recommendations and to create a personalized nutrition plan. Visit www.heb.com/nutrition to schedule or speak to your Wellness Care Team to learn more.

H-E-B Shopping List

