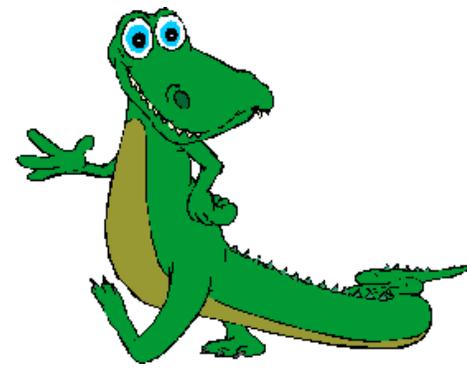


# Gator Fuel 101



## Blood Pressure

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. When blood pressure gets too high it can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

### Numbers you should know:

Category	Systolic Top Number (mmHG)	Diastolic Bottom Number (mmHg)
Normal	< 120	< 80
Prehypertension	120-139	80-89
<b>High Blood Pressure</b>		
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	160 or Higher	100 or higher

### Causes of high blood pressure:

The following can cause high blood pressure:

#### Lifestyle

- Overweight and obesity
- Inactivity
- Eating too much sodium
- Consuming too much alcohol
- Not eating enough potassium
- Smoking
- Stress



#### Medical

- Family history
- Chronic kidney disease
- Thyroid disease
- Sleep apnea
- Some medications (especially some asthma medications and cold relief products)
- Birth control pills
- Use of hormones to control the symptoms of menopause

### Lifestyle changes to lowering your blood pressure:

- Follow a healthy eating plan.
  - Consume fat-free or low fat milk and dairy products
  - Eat more fish, poultry, and nuts and limit red meats
  - Eat 6-8 fruits and vegetables a day
  - Try to eat a diet low in fat and cholesterol
  - Limit your consumption of salt by choosing low-salt and “no added salt” foods and seasonings. Typically a 2g sodium diet is recommended.
  - For more diet suggestions try the DASH diet:  
[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)
- Increase your physical activity.
- Maintain a healthy weight.
- Quit smoking.
- Manage and learn to deal with stress.

