

THE **BLOOD PRESSURE SOLUTION**

Cheat Sheet: Guidelines for Healthy Eating



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Cheat Sheet: Guidelines for Healthy Eating

While some people need a bit more support making dietary changes, others need just a quick outline like this one. The basic tenets of eating well are this:

Intake Ratios (per meal): Magnesium : Potassium : Sodium = 1: 14: 7
Fat = 65% ... Protein = 25% ... Carbs = 10%

VEGGIES: You cannot eat enough vegetables. Put them in everything, use them as a base on the plate, juice them, etc. Five servings minimum, and you can always go up from there.

PROTEIN: It IS possible to eat too much protein. At some point, it will just turn into fat. However, if you do a lot of physical activity, you'll need a little more protein. Consider not having it at every meal, and mix it up — add in shrimp, oysters, eggs, and different fish, different parts of the chicken, sausages, try organ meats, etc.

Simple Calculation Formulas:

1. Daily amount of protein needed: multiply your bodyweight by 0.4 grams.¹ (x 0.5 grams if you're physically active.)
2. Grams of protein on your plate: 1 ounce of meat = ~7 grams of protein.

HYDRATION: ~1 ounce for every 2 pounds of your body weight, daily.



By the time you are thirsty, you are already dehydrated. Many people seem to forget to drink their water during the day, but there are tips that can help you remember:

1. As soon as you get up in the morning, before you do anything else, fill up a quart (32oz) container of water, and drink a little at a time. Add a little sea salt if you need to — just not so much that it tastes too salty, because then you probably won't want to drink it!
2. By 1:00 pm you should have an empty bottle. Refill it for the second half of the day.
3. You should be able to finish the refilled bottle by bedtime. This is the same as eight 8-ounce glasses for the day.

Remember, you should always rehydrate if you have been outside on a hot day, after exercising, after sleeping a full night, and even after driving long distances. The trick is to drink a little at a time all day. Drinking a lot all at once will have your kidneys flush it right out and is less hydrating than drinking a little bit often. So pace yourself, and keep your water bottle with you at all times.

¹ Food and Nutrition Board. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Protein and Amino Acids. Washington, DC: National Academy Press, 2002.



Three Main Parts to Managing Carb Intake

1. Eat 60 grams of carbs per day, NOT INCLUDING GREEN

VEGETABLES. “Green vegetables” also means beets and carrots. The only carbs you need to include in these 60 grams are on this list — if it’s not on this list, there’s no need to count it.

Bread	Sodas
Crackers / Chips	Energy drinks
Cereal	Drinks with agave nectar or other sweeteners
Snack / Breakfast bars	Beer / Wine
Oatmeal	Milk
Baked goods	Rice
Pastries / Candy	Potatoes / Sweet potatoes
Cookies / Cakes	Starchy vegetables
Pasta	Beans
Fruit	Corn / Popcorn
Fruit juices / Smoothies	

Use a website like www.myfitnesspal.com or www.loseit.com to measure. Be sure to measure the serving size as well as how many serving you have.

2. Eat every three hours or before you’re hungry.

This is to prevent sugar cravings. As your system gets better, you can lengthen the time

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or skip the snacks. If you tend to get hungry or tired during the day, it's often because you should have eaten something earlier.

3. Eat fat with everything. DO NOT EAT FOODS LABELED "LOW FAT".

Fat will keep you feeling satiated and keep your blood sugar stable. This might be achieved by adding hummus to vegetables, or dipping them in ranch dressing, or having a spoonful of nut butter, or stirring coconut oil into coffee or tea.



Quick Tips and Suggestions for Making Healthy Choices

Smart Snacking Substitutions: Skip the chips and dips and sink a crispy veggie into a little homemade salsa. (We have a recipe for it!) Craving something sweet? Have a serving of fruit for dessert.

Tips For Choosing Healthy Oils:

- Choose expeller pressed or cold pressed (unrefined) varieties, which are hand-processed. The natural processing method allows the flavor and essential nutrients to be preserved (which would otherwise be destroyed by heat).
- Check the smoke point to determine which oils are best for salad dressings and those which are okay to use at varying degrees of heat preparation.

Here are a few examples:

- **Flaxseed oil**, an excellent source of omega-3 fatty acids, should be stored in the refrigerator. While great for salad dressings and other cold preparations, it should not be used for cooking.
- **Olive oil** is healthy and versatile, and can be used for salad dressings and for cooking, though low heat is best. Look for Extra Virgin, unrefined varieties.



- **Avocado oil** also versatile, can be used for cooking up to 400°F temperatures.
- **Walnut oil** is very rich in nutrients, but best used for salad dressings and low-temp preparations (below 200°F). Like flaxseed oil, it is also best kept refrigerated.
- **Coconut oil** is another versatile option, composed of medium-chain fatty acid, which means it can be used for energy rather than being stored as fat. It has a long shelf life, and can be used for heat preparations up to 350°F.





