


<b>Date</b>	3-26	4-9
<b>Blood Pressure</b>	122/78	120/80
<b>Date</b>		



# Blood Pressure Tracker



NORTH DAKOTA  
DEPARTMENT of HEALTH

## **Instructions**

Use this booklet to track your blood pressure on a regular basis. Take this booklet along when you visit your health-care professional.

## **Tips for Lowering Your Blood Pressure**

- Eat at least 3.5 cups of fruits and vegetables each day, as well as 3 servings of fat-free or low-fat dairy products.
- Use less salt. Read the nutritional facts panel to find out how much sodium is in the food you eat.
- Know your blood pressure. Have it checked regularly. Normal blood pressure is less than 120 mm Hg systolic and less than 80 mm Hg diastolic.

- Maintain a healthy weight. Know what your weight should be and keep it at or below that level. To find your current body mass index (BMI), go to [www.ndhealth.gov/heartstroke](http://www.ndhealth.gov/heartstroke), click Healthy Choices and use the BMI calculator.
- Enjoy at least 30 minutes of physical activity on most days of the week.
- Limit your alcohol intake. Don't drink more than one drink a day if you're a woman or two drinks a day if you're a man.

## **Tips for Lowering Your Risk of Heart Disease**

- Don't smoke cigarettes or use other tobacco products. Avoid secondhand smoke.

- Maintain a normal blood pressure.
- Maintain normal blood cholesterol levels.
- Maintain a healthy weight.
- Enjoy at least 30 minutes of physical activity on most days of the week, such as brisk walking, biking or swimming.
- If you have diabetes, manage your blood glucose levels.
- Limit your alcohol intake. Don't drink more than one drink a day if you're a woman or two drinks a day if you're a man.
- Try to reduce stress.
- Take your medicine exactly as prescribed; don't run out of pills even for a single day.

## Tips for Lowering Your Sodium Intake

- Most people need to limit sodium intake to less than 2,300 mg per day. If you have high blood pressure, you need to limit sodium intake to less than 1,500 mg per day.

**If your food serving\* has:**

**400+ mg**

**TOO MUCH**

**200-400 mg**

**WATCH OUT**

**0-200 mg**

**GO AHEAD**

**\*mg of sodium per serving**

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**For more information about  
avoiding heart attacks  
or strokes, visit  
[www.ndhealth.gov/heartstroke](http://www.ndhealth.gov/heartstroke).**

**If you suspect a heart attack  
or stroke is occurring,  
call 9-1-1 immediately!**



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

*North Dakota*  
Stroke System of Care

*Enhancing stroke care.*

*Improving outcomes.*