



Healthy Eating in Indian Country:



High Blood Pressure

*When you have **high blood pressure**, your heart has to work harder to pump blood through your body. Untreated high blood pressure is a cause of **kidney disease, stroke, and heart disease**.*

How To Know if You Have High Blood Pressure

You can feel good and still have high blood pressure. There are no early warning signs. Have your blood pressure checked by the Indian Health Service doctor or clinic at least twice a year. This is the only way to know if you have high blood pressure.

Your Diet and High Blood Pressure

For many people, eating less salt will help lower blood pressure.

Ways to eat less salt:

- Use herbs and spices to flavor food instead of salt.
- Drain and lightly rinse canned vegetables to remove extra salt.

- Cook pasta, rice, and vegetables without adding salt to the water.
- Eat less luncheon meats, bacon, cheeses, hot dogs, stews, chips, and seeds.
- Use less salt at the table.

Other Ways To Lower Your Blood Pressure

Maintain a healthy weight

Overweight people are more likely to get high blood pressure. Even a small weight loss can help lower your blood pressure. Choose an exercise activity that you like to do. Exercise 3 to 4 times a week for at least 20 minutes each time. You can take long brisk walks, jog, swim, play basketball, do aerobics, or ride a bicycle.

Limit alcohol intake

Alcohol may raise your blood pressure. If you do drink, limit your intake as much as possible. If you are pregnant or trying to become pregnant, don't drink any alcoholic beverages at all.



POTATO CAKES

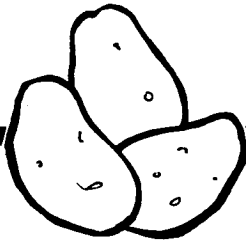
Makes 7 cakes, 3 inches each

2 cups cold mashed potatoes (made from instant potato flakes)
1/2 cup all-purpose flour, unsifted
2 tablespoons onion, finely chopped
2 tablespoons vegetable oil

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover, and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Nutrition information for 1 cake

Calories = 115 Carbohydrates = 15 grams Protein = 2 grams
Total Fat = 5 grams Saturated Fat = 1 gram
Cholesterol = 1 milligram Sodium = 141 milligrams



ORANGE SPICED CARROTS

Makes 4 servings, 1/2 cup each

1 16-ounce can carrots (2 cups)
1/4 cup water
1/4 cup orange juice
1 tablespoon vegetable oil
1/2 teaspoon vanilla
1/4 teaspoon nutmeg

1. Put water, orange juice, and vegetable oil into a small saucepan.
2. Drain carrots. Throw liquid away.
3. Add carrots. Cover tightly and cook over low heat until carrots are heated, about 10 minutes. Remove from heat.
4. Sprinkle carrots with vanilla and nutmeg. Mix well.

Nutrition information for 1/2 cup

Calories = 56 Carbohydrates = 6 grams Protein = 1 gram
Total Fat = 4 grams Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 176 milligrams

