

如何通過生活方式控制高血壓

<p>保持健康飲食和體重</p>	<p>減去22磅體重會降低收縮壓 5-20 毫米汞柱 減去11磅體重會降低收縮壓約 4 毫米汞柱</p>	
<p>DASH 飲食(阻止高血壓的飲食方法)</p> <p>**臨床顯示會降低血壓</p> 	<p>DASH 飲食建議:</p> <p>**建議是基於每天1600-2000卡路里</p> <p>低鈉飲食：< 1500 毫克/天, 3/4 茶匙的食鹽 穀物: 6-8 份/天 (例如：半杯熟燕麥=1份) 蔬菜: 3-5 份/天 (例如：1 杯煮熟蔬菜=1份) 水果: 4-5 份/天 (例如：1 個中型水果=1份) 乳製品: 2-3 份/天 (例如：1 杯酸奶=1份) 瘦肉、家禽和魚：3-6 份/天 (例如：1 隻雞蛋=1份) 堅果、種子和豆類：3-5 份/星期 (例如：2 湯匙芝麻=1份) 脂肪和油：2-3 份/天 (例如：1 茶匙菜油=1份)</p>	 
<p>運動</p> 	<p>疾病預防及控制中心建議：</p> <p>75 分鐘高強度有氧運動(例如：游泳) + 兩天肌肉強化(例如：舉重) 或 150 分鐘中等強度有氧活動(例如：輕快步行) + 兩天肌肉強化(例如：行樓梯)</p>	
<p>控制鈉的攝取量</p>	<p>每天控制鈉的攝取量在 2300 毫克以下，少於 1 茶匙的食鹽</p>	
<p>適量攝取酒精</p> 	<p>女士：每天不超過12盎司啤酒、5盎司葡萄酒或1.5盎司烈酒 男士：每天不超過24盎司啤酒、10盎司葡萄酒或3盎司烈酒</p>	

如果您想了解更多有關通過生活方式控制膽固醇的知識，請諮詢您的營養師。



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

歡迎透過社交媒體，
關注美亞醫療集團
的最新消息、活動
及其他更多內容！



網站








YouTube



Facebook

How to Manage Hypertension Through Lifestyle Modification

<p>Maintain a healthy diet and weight</p>	<p>Losing 22 lbs can lower systolic blood pressure by 5-20 mm Hg Losing 11 lbs can lower systolic blood pressure by ~ 4 mm Hg</p>
<p>DASH Diet (DASH = Diet Approaches to Stop Hypertension)</p> <p>**Clinically shown to lower blood pressure</p> 	<p>DASH diet suggestion: **Recommendation is based on 1600-2000 calories per day</p> <p>Sodium: < 1500 mg/day, ¾ teaspoon of table salt</p> <p>Grains: 6-8 servings/day Vegetable: 3-5 servings/day Fruits: 4-5 servings/day Dairy: 2-3 servings/day Lean meat, poultry, and fish: 3-6 servings/day Nuts, seeds, and beans: 3-5 servings/week Fats and oil: 2-3 servings/day</p>  
<p>Physical activity</p> 	<p>Center for Disease Control and Prevention recommends: 75 minutes of vigorous exercise (ex. swimming) + 2 days of strength training (ex. weight lifting) per week OR 150 minutes of moderate exercise (ex. brisk walking) + 2 days of strength training (ex. band resistance) per week</p>
<p>Limiting sodium</p>	<p>Limit sodium to less than 2,300 mg per day, less than 1 teaspoon of table salt</p>
<p>Moderate alcohol consumption</p> 	<p>If you are not a drinker, it is advised to not drink alcohol to reduce blood pressure; if you are a drinker, drink moderately: Women: no more than 12 oz of beer, 5 oz of wine or 1.5 oz of liquor per day Men: no more than 24 oz of beer, 10 oz of wine or 3 oz of liquor per day</p>

Ask your doctor to refer you to a dietitian if you want to learn more about controlling cholesterol through lifestyle modification.



To learn more about our doctor's group, call Member Relations: (415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook