



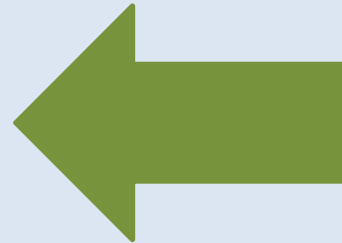
CHIRI

**Controlling Hypertension in
Rural India**

Meeting # 4

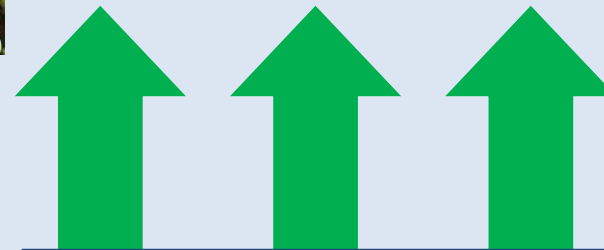


Changing your diet to improve your blood pressure



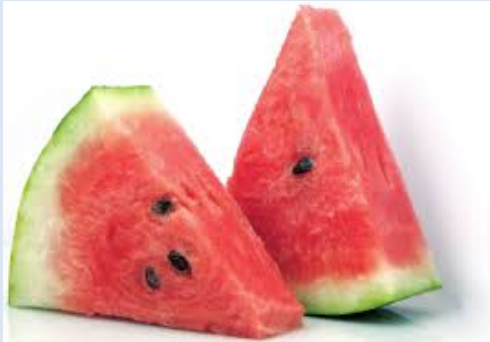
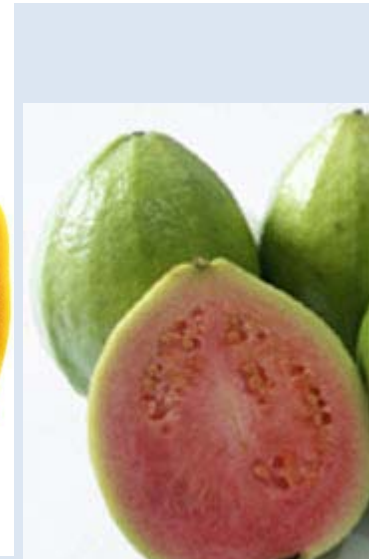
Cereals



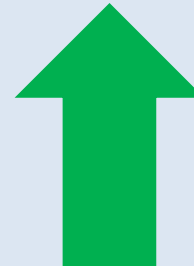
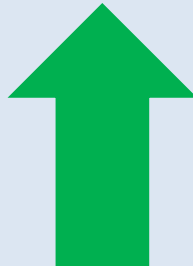
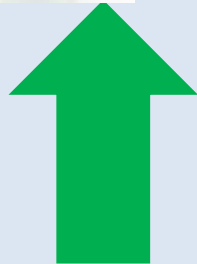


Vegetables & Greens





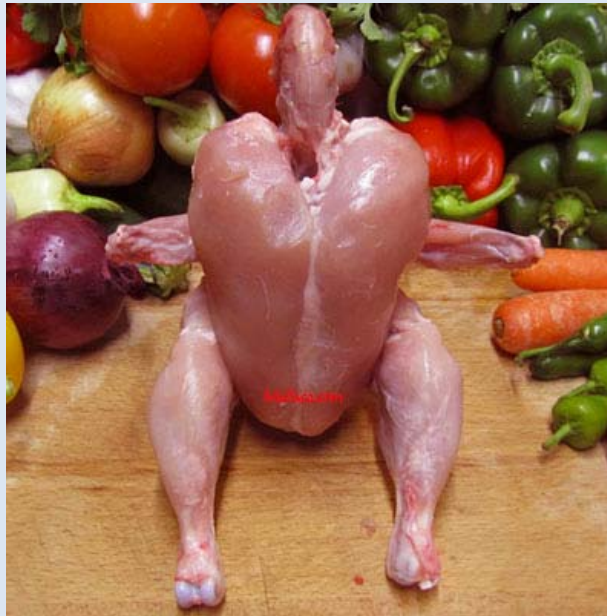
Fruits



Low Fat Dairy



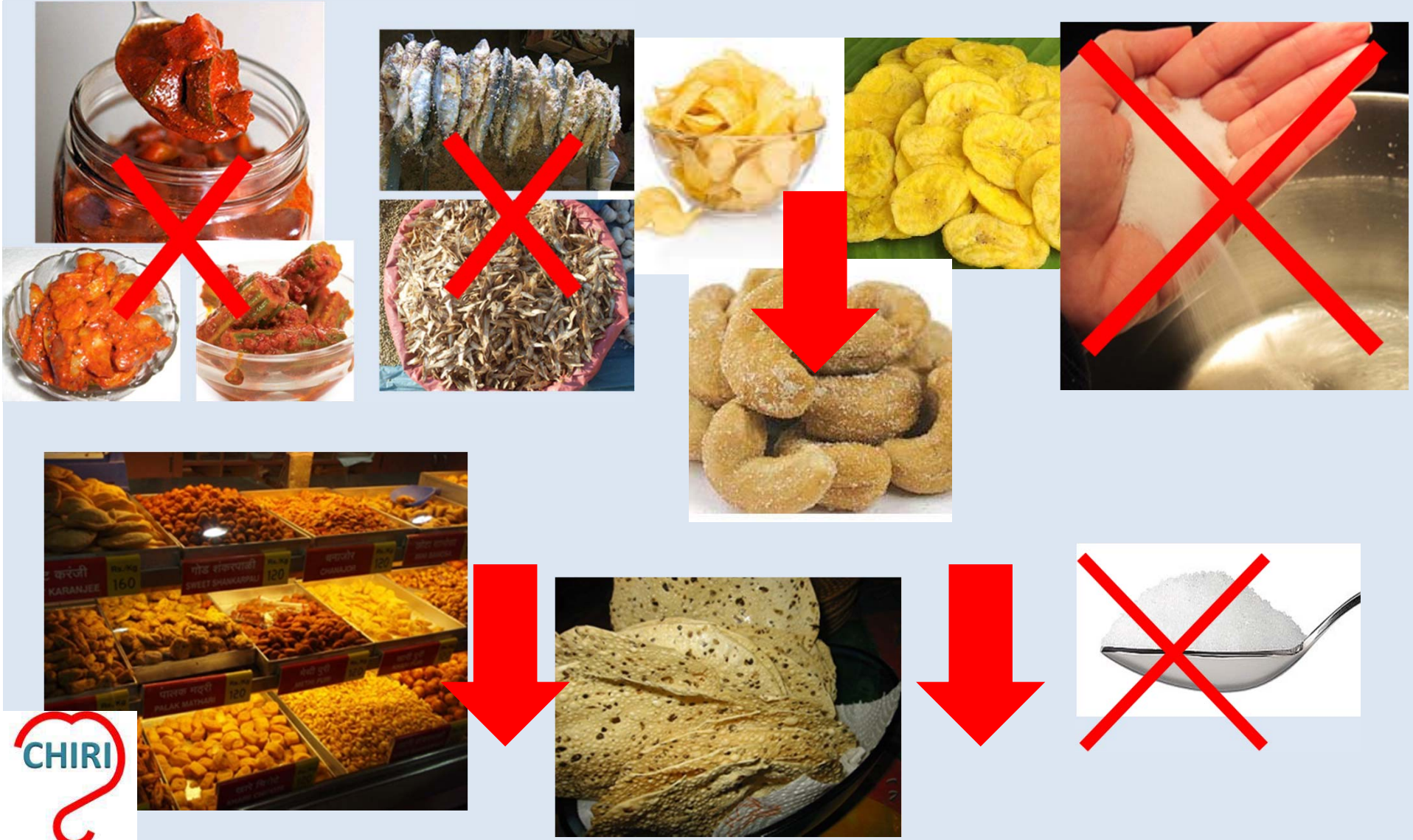
Lean Meat and Eggs



Pulses & Legumes



Reduce Salt in your diet



Reduce Sugar in your diet





Avoid the intake of oily/fried foods



Use home prepared foods to processed foods

Prefer and use homely prepared food



Increase the usage of homely prepared food



Avoid or reduce packed or hotel foods or street foods





Sweets Less than 5/week



✖ 3 - 4 / week



Fats/oils
2-3 per day



✖ 2 - 3 / day



Nuts/seeds legumes
4 -5 serves per week



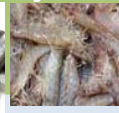
✖ 4 - 5 / week



Low fat dairy
2-3 servings



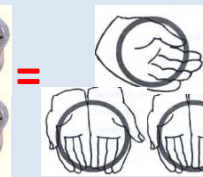
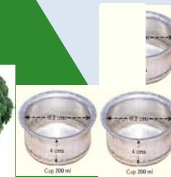
Lean meat/fish/
poultry 2-3 servings



Fruits 4 -5 serves



Vegetables 4- 5 serves



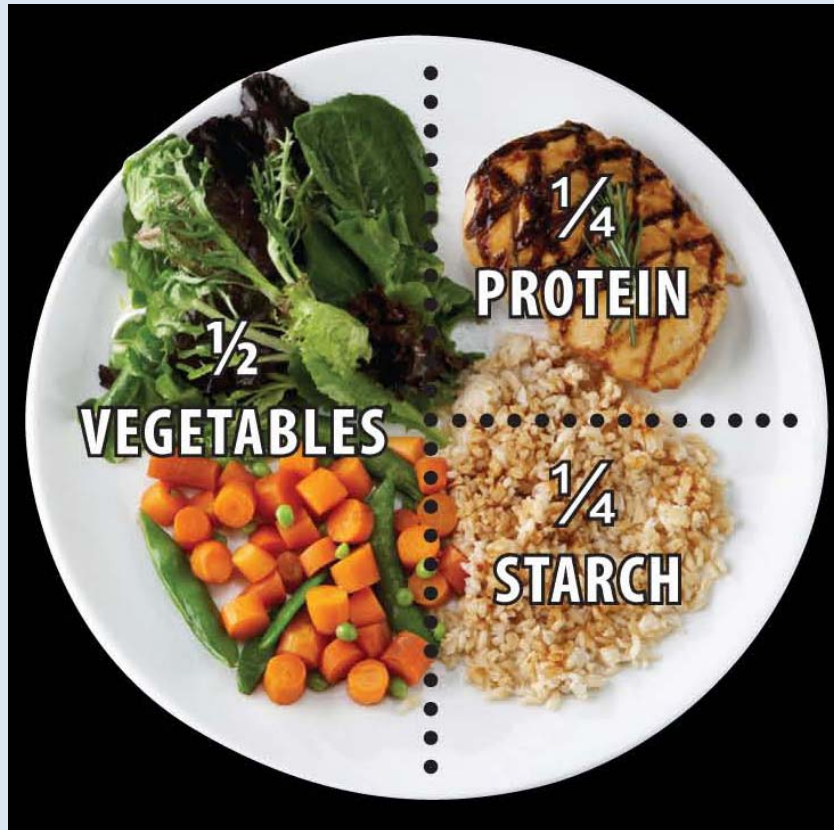
Whole grains and grain products 5 - 8 serves per day



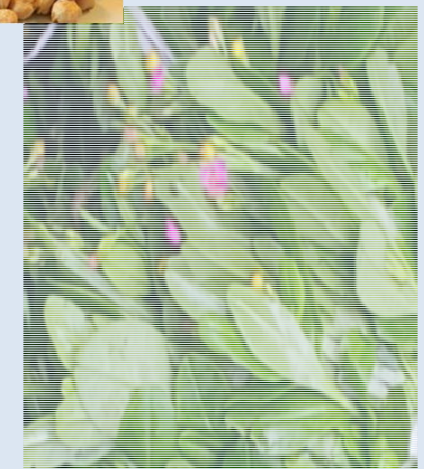
Everyday

Dietary recommendations

Food portions



Key messages about diet to improve your blood pressure



Stop Tobacco use



Tobacco Health Risks

Cancers

Head or Neck or
Mouth

Lung

Leukemia (blood cancer)

Stomach

Kidney
Pancreas
Colon

Bladder
Cervix

Chronic Disease

Stroke
Blindness

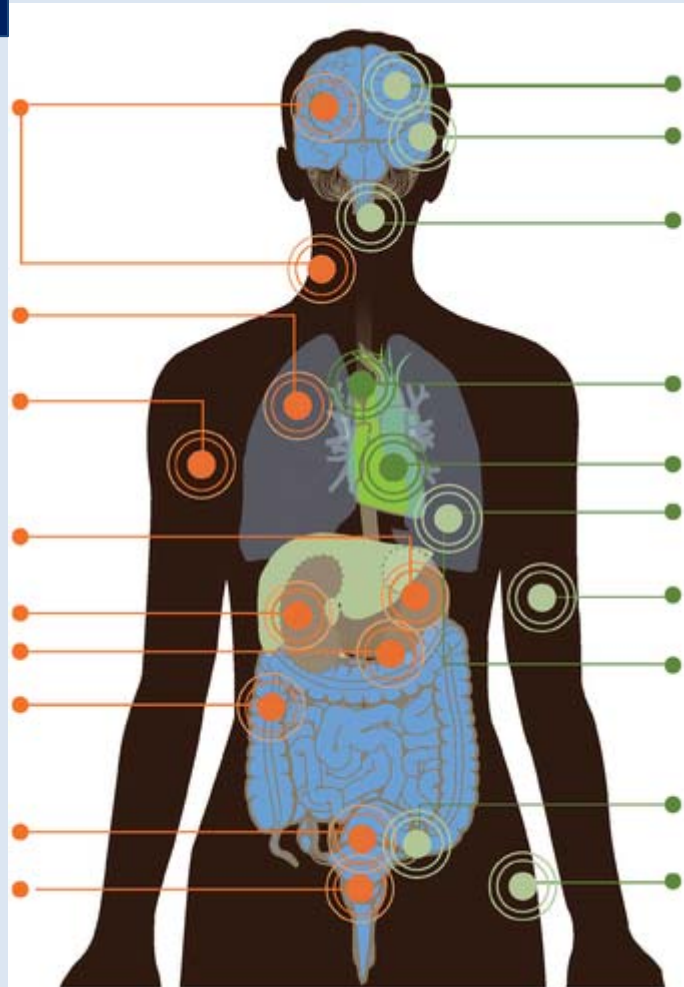
Gum Infection

Burst Aorta

Heart Disease including BP
Pneumonia

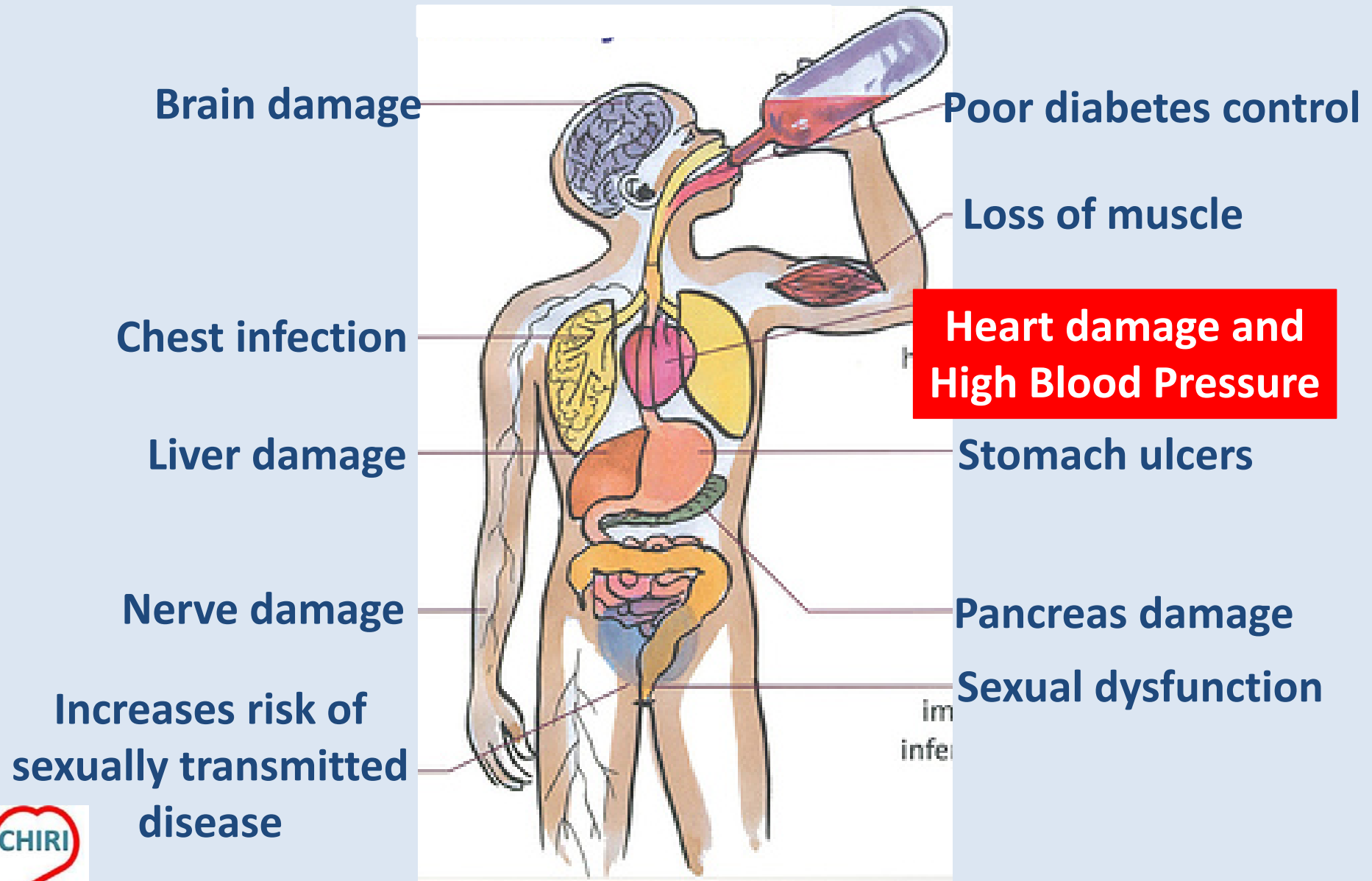
Hardening of arteries
Chronic Lung Disease &
Asthma

Reduced Fertility
Hip Fracture





Alcohol health risks



For the **health** of your **family** make
consistent changes in your
lifestyle and behaviour

Just like me,
slowly and
steadily

