

What Can I Eat If I Have: High Blood Pressure?

Eat MORE of:

Fruits and Vegetables

- Aim for 2 cups of fruit and 2.5 cups of vegetables each day.
- Try fresh, frozen, dried and canned types.



- If canned: Drain and rinse vegetables to reduce sodium.
- Pick fruits in natural juices, light syrup or sugar substitutes (Splenda®).

High Fiber Grains

- Look for “whole” before the name of the grain as the first word on the ingredient label. It is a better choice.
- Choose more whole grain foods such as brown rice, whole wheat pasta or oatmeal.



What Can I Eat If I Have: High Cholesterol?

Eat MORE of:

Fruits and Vegetables

- Aim for 2 cups of fruit and 2.5 cups of vegetables each day.
- Choose fresh, frozen, canned or dried types instead of juice.



High Fiber Grains

- Look for “whole” before the name of the grain as the first word on the ingredient label. It is a better choice.
- Choose grains with at least 2 grams of fiber per serving .



Nonfat or Low-fat Dairy

- Drink nonfat (skim) or low-fat (1%) milk.
- Look for lower-fat cheeses (cottage cheese, part-skim mozzarella).



What Can I Eat If I Have: Diabetes?

Eat MORE of:

Fruits and Vegetables

- Aim for 2 cups of fruit and 2.5 cups of vegetables each day.
-Choose fresh, frozen or canned types instead of juice.
- If canned, look for fruits in natural juice or sugar substitutes (Splenda®) or drain and rinse them if they are packed in syrup.



High Fiber Grains

- Look for “whole” before the name of the grain as the first word on the ingredient label.
- Try whole wheat bread, pasta and brown rice instead of white types.
- Choose grains with at least 2 grams of fiber per serving.



What Can I Eat If I Have: Diabetes?

Pay Close Attention to:

Fat

- Use healthier oils such as canola or olive oil.
- Choose liquid and tub margarine or vegetable oil instead of butter, lard or shortening.

Food and Drinks with Sugar:

- Choose diet or unsweetened drinks and limit "extras" such as candy, cookies, pie and cake.
- Use sugar substitutes such as Splenda® or Equal® instead of regular sugar.



Mealtime



- Don't skip meals.
- Include a variety of foods at meals and snacks.

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What Can I Eat If I Have: High Cholesterol?

Pay Close Attention to:

Fat

- Choose liquid and tub margarine or vegetable oil instead of butter, lard or shortening.



Meat

- Try other protein options such as fish, beans and nuts.
- Take the skin off poultry (such as chicken or turkey) before eating.

Preparing and Cooking Food

- Bake, broil, steam or grill food instead of breading and frying.
- Trim fat from meat before eating and drain the fat from ground meat after cooking.



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What Can I Eat If I Have: High Blood Pressure?

Pay Close Attention to:

Nonfat or Low-fat Dairy

- Drink nonfat (skim) or low-fat (1%) milk and lower-fat cheeses (cottage cheese, part-skim mozzarella).



Meat

- Choose leaner choices of protein: fish, beans, nuts and the white meat from chicken and turkey.
- Choose low-sodium brands of canned fish.

Preparing and Cooking Food



- Look for low sodium, reduced sodium, or salt-free foods.
- Try salt substitutes such as Mrs. Dash® or use herbs, spices, onion, garlic, lemon juice instead of salt.

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