

WORLD HYPERTENSION DAY 2026

17 MAY 2026



CHECK YOUR BLOOD PRESSURE REGULARLY

Controlling Hypertension Together:

check your blood pressure regularly, defeat **the silent killer**

LIMIT SALT - AAJ SE THODA KAM



Salt is the main source of sodium in our diet. Sodium consumption above WHO recommended limit of 5g a day predisposes an individual to heart problems.

EAT FOR A HEALTHY HEART



Eat more fruits, vegetables and whole grains.



Reduce salt intake. Avoid processed and salty foods.



Choose healthy protein like fish, beans and nuts.



Drink enough water.



Use healthy oils like olive oil.

TAKE CONTROL



Check your blood pressure regularly.



Be active. Aim for at least 30 minutes of physical activity daily.



Maintain a healthy weight.



Avoid tobacco and limit alcohol.



Manage stress and get enough sleep.

DAILY DIET PLAN TIPS

- Start your day with a healthy breakfast like oats, idli, poha, upma or vegetable dalia.
- Include a variety of vegetables in lunch and dinner (at least half your plate).
- Choose whole grains such as brown rice, millets, roti or whole wheat.
- Include pulses, lentils, sprouts, nuts and seeds daily.
- Have fruits 1–2 times a day.
- Use less oil and avoid deep-fried foods.
- Prefer home-cooked meals and fresh foods.
- Limit sugary drinks, sweets and desserts.
- Eat on time and avoid overeating.

TIPS

- Cook rice, pasta and hot cereals without salt.
- Use onions, garlicks, herbs, spices, citrus juices and vinegars in place of some or all of the salt to add flavor.
- Use black pepper as seasoning instead of salt.
- Try garlic, ginger, chilli and lime in stir fries.
- Make sauces using ripe tomatoes and garlic.



LOVE YOUR HEART



EAT WELL



MOVE MORE



MANAGE STRESS



SLEEP WELL



SUPPORT EACH OTHER



Together, we can control hypertension and build a healthier future for all.

Know Your Numbers. Protect Your Life.

#WorldHypertensionDay2026 #CheckYourBP #ControlHypertension #DefeatTheSilentKiller

Dr. Anjana Tripathy
Clinical Nutritionist



WHAT TO EAT DAILY FOR BP CONTROL



Eat Right Today, Stay Healthy Tomorrow



FRESH VEGETABLES

Spinach, lauki, carrot, beetroot, tomato, cucumber, broccoli



Rich in fiber and minerals, helps balance BP



FRUITS

Apple, banana, papaya, orange, pomegranate, guava



High potassium, helps control pressure



WHOLE GRAINS

Brown rice, oats, multigrain roti, quinoa



Controls weight and sugar levels



LOW-FAT DAIRY

Almond milk, curd



Gives calcium without excess fat



HEALTHY PROTEIN

Dal, rajma, chana, sprouts



Supports heart and muscles



NUTS & SEEDS

Almonds, walnuts, flaxseed, chia seeds (small amount)



Provides healthy fats



Healthy Food
Healthy Heart
Healthy You

Controlling Hypertension Together

Check Your Blood Pressure Regularly,
Defeat the Silent Killer



EAT RIGHT • STAY ACTIVE • STRESS LESS • SLEEP WELL • CHECK YOUR BP REGULARLY



FOODS TO AVOID IN HIGH BLOOD PRESSURE



CATEGORY	FOODS TO AVOID	WHY IT IS HARMFUL
HIGH-SALT FOODS	Pickles, papad, namkeen, chips	Increases water retention and BP
FRIED FOODS	Pakoda, samosa, puri, fries	Contains unhealthy fats
PACKAGED FOODS	Instant noodles, ready meals, canned food	High sodium and preservatives
BAKERY ITEMS	Cake, pastry, cookies, biscuits	High sugar and fat
SUGARY DRINKS	Cold drinks, packaged juices	Causes weight gain
EXCESS CAFFEINE	Strong tea, too much coffee	Can raise BP temporarily
JUNK FOOD	Burger, pizza, momos (outside)	High salt and oil
ALCOHOL	Beer, liquor	Disturbs BP control

Avoid Today, Stay Safe Tomorrow



Eat Healthy



Stay Active



Maintain Healthy Weight



Avoid Smoking & Alcohol



Check Your BP Regularly

HIDDEN SALT

The Silent Health Risk

What is Hidden Salt?

Hidden salt is the sodium already present in packaged, processed or restaurant foods that we may not notice. Even foods that do not taste salty can contain high amounts of salt.



Why is Excess Salt Harmful?

Too much salt can increase the risk of:



High Blood Pressure



Heart Disease



Stroke



Kidney Problems



Water Retention and Swelling

Foods with Hidden Salt



Chips, Namkeen, Bhuja



Biscuits & Bakery Products



Instant Noodles & Soups



Pickles & Sauces



Processed Cheese



Bread & Buns



Papad



Packaged Snacks



Frozen & Processed Foods



Soft Drinks & Fast Foods

Smart Tips to Reduce Hidden Salt



Read food labels and choose low-sodium products



Eat more fresh fruits and vegetables



Use herbs, lemon, garlic and spices for flavor



Limit packaged and processed foods



Avoid adding extra salt at the table



Prefer homemade meals

Daily Salt Limit

Adults should consume less than:

5 GRAMS OF SALT PER DAY

About 1 teaspoon total from all foods



Simple Awareness Message



Less Salt, Healthier Heart



Check the Label Before You Eat



Hidden Salt = Hidden Risk



Small changes today,
healthier tomorrow.
**Be Salt Smart,
Protect Your Heart!**

Message by:

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