

Please scan the QR code and complete the brief survey on healthy eating behaviors.





FOOD IS MEDICINE: SESSION ONE



Welcome to the Food is Medicine Program!

Our goals together are to:

- **Understand** the connection between the food we eat and our health.
- **Provide** you with access to healthy foods and nutritional support.
- **Build** your confidence in making healthy food choices for you and your family.
- **Develop** healthy habits that last a lifetime.



Pre-Test

Before we start, please scan the QR code to take a short pre-test.

It's not graded — it just helps us see what you know about food and health before the program.

Pre Test



A vibrant collage of various fresh foods is arranged around the central text. In the top left, there's a salad with lettuce, tomatoes, cucumbers, and avocado. To its right is a pomegranate, a kiwi slice, and some spinach. Further right are several almonds and a wooden spoon filled with mixed peppercorns. On the right side, there's a carrot, a piece of ginger, and another almond. At the bottom, there's a bowl of orange lentils, a red onion, a cucumber, a red bell pepper, and some cherry tomatoes. The background is white, making the colorful food items stand out.

Today we will answer these questions:

- What is the Food is Medicine Program?
- What does it mean to have high blood pressure?
- Why is medicine important?
- How does food affect our health?
- And how can the MyPlate method help us eat better?

Food is Medicine Program Overview

What does "Food is Medicine" mean?

The foods we eat can help us stay healthy and manage health conditions.

This program is a partnership. We are here to support you with:

- **Knowledge:** Learning how food choices affect your health.
- **Healthy Food:** Providing access to fresh and nutritious foods.
- **Confidence:** Helping you feel empowered to make the best choices for you and your family.



BLOOD PRESSURE

What Is It, and How Can You Control It?



HEALTH LESSONS
HEART.ORG | 2025

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What You Will Learn

High Blood Pressure

- What it is
- What causes it
- How to manage it

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High Blood Pressure Puts You at Greater Risk of:



- Heart Disease
- Heart Failure
- Atrial Fibrillation
- Stroke
- Dementia
- Chronic Kidney Disease
- Vision Loss
- Sexual Dysfunction

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What Is

Blood Pressure



Blood pressure is the force of blood as it pumps against your vessel walls.

- 1** When your heart beats, it pumps blood into your blood vessels.
- 2** This creates pressure against the blood vessel walls, causing your blood to flow to all parts of your body.
- 3** High blood pressure, also known as hypertension, is when this pressure is consistently too high.

What the Numbers Mean



Top Number = **Systolic Blood Pressure**

Shows how much pressure your blood is pushing against your artery walls **when the heart beats.**

Bottom Number = **Diastolic Blood Pressure**

Shows how much pressure your blood is pushing against your artery walls **while the heart is resting between beats.**

Let's Talk About Risk Factors

Risk factors are things that can increase your chances of getting sick or having health problems.



What are some things **you CAN'T control** that would affect your blood pressure?

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Things That Put You at Risk

that CAN'T be changed or are hard to control



Family history

If your parents have high blood pressure, you might be at higher risk.



Race/ethnicity

High blood pressure is more common in non-Hispanic Black adults.



Age

The older you are, the higher the risk (though young people can have high blood pressure, too).



Sex

Men are at higher risk of developing high blood pressure until age 64. At 65 and older, women are more likely to get high blood pressure.



Chronic kidney disease

There is a relationship between your kidneys and cardiovascular health.



Obstructive sleep apnea

Sleep apnea episodes can lead to an increase in blood pressure.

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Let's Talk About Risk Factors



What are some things
you CAN control
that might affect your
blood pressure?

Things That Put You at Risk

that **CAN** be changed



AVOID/STOP

- Alcohol (at the very least, limit it)
- Cigarette smoking
- Black licorice
- Some anti-inflammatory drugs (for example: NSAIDs such as ibuprofen)
- Herbal supplements such as St. John's wort
- Recreational drugs

LIMIT

- Caffeine
- Acetaminophen
- Decongestants (Use for shortest duration possible and avoid in severe or uncontrolled high blood pressure)

MANAGE

- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet
- Being physically inactive

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Know Your **Blood Pressure** Numbers

High blood pressure is
130/80 or higher

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

heart.org/bplevels

How to Take Your Blood Pressure at Home



30 minutes before:

- No smoking
- No exercise
- No caffeinated beverages
- No alcohol

To get an accurate measurement:

- Rest for at least 5 minutes.
- Don't talk.
- Rest your arm comfortably on a flat surface at heart level.
- Sit upright, back straight and supported.
- Keep legs uncrossed and feet flat on the floor.
- Use a properly validated device.
- The bottom of the cuff needs to be above the bend of the elbow.
- Wrap the cuff against your bare skin, not over clothing.

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Key Numbers for BP Management



Goal: $< 130/80$ mm Hg

Understanding Medication Adherence

What is Medication Adherence?

It means taking your medicine exactly the way your doctor tells you to — the right amount, at the right time.

Why is it important?

It helps your medicine work the way it should.

Your doctor also needs to know if you're taking too much or too little.

If you're worried about taking the medication:

- Talk to your doctor if you have concerns, like cost or side effects.
- Tell them if you have trouble swallowing pills.
- Let your doctor know if you take any herbal medicines — they can sometimes affect how your other medicines work.

Understanding Medication Adherence

Tips if You Forget Your Medicine:

- Use a pill box to keep your doses organized.
- Take your medicine at the same time as another daily habit, like brushing your teeth.
- Set an alarm or reminder on your phone.
- Ask a family member or friend to help remind you.

If you have side effects or concerns, talk to your doctor before making any changes. Tell them about all the medicines or vitamins you take.

Everyone reacts differently to medicine, and finding the right dose can take time.

The Connection Between Food and Health



The food you eat gives your body and your brain energy and keeps you healthy:

Healthy foods (like fruits, vegetables, whole grains, nuts, and lean proteins) help us:

- Have more energy
- Keep your heart healthy
- Fight off germs and stay healthy
- Give you a sense of overall wellbeing

The Connection Between Food and Health

Unhealthy foods (like chips, candy, soda, and fast food):

- Sugary snacks and drinks can make you feel tired
- Fried and fast foods can make it harder for your heart and body to stay healthy and cause weight gain
- You should limit the amount you eat because too much can make you sick over time



MyPlate Method



- High in antioxidants, promotes heart health, and helps with hydration.



- Support digestion, boost immunity, rich in nutrients.



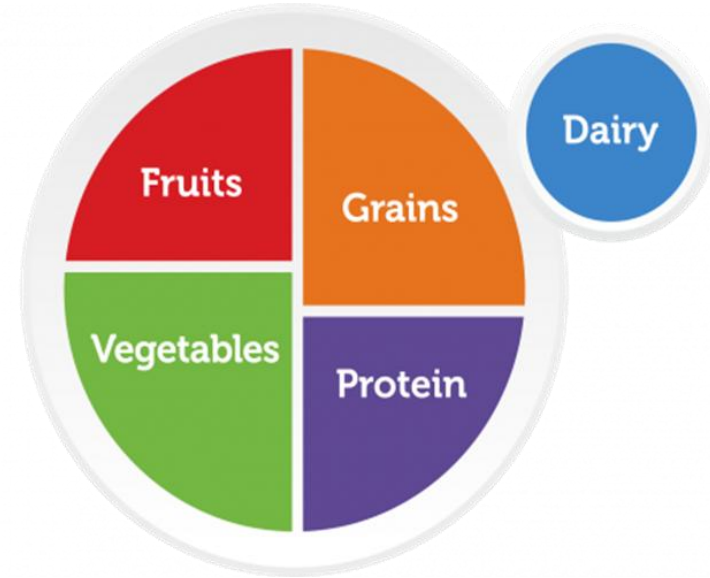
- Build muscle and provide iron and key nutrients.



- Provide energy, fiber, and B vitamins for daily function, especially when you choose whole grains.



- Strengthen bones and teeth with calcium and vitamin D.



FOCUS ON FRUITS

Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.



VARY YOUR VEGETABLES

Include dark green, red, orange, beans and peas, starchy, and other varieties.



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.



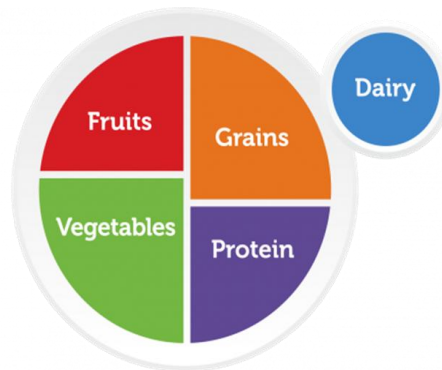
GO LEAN WITH PROTEIN

Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.



GET YOUR CALCIUM RICH FOODS

Choose fat-free or low-fat milk, yogurt and cheese.

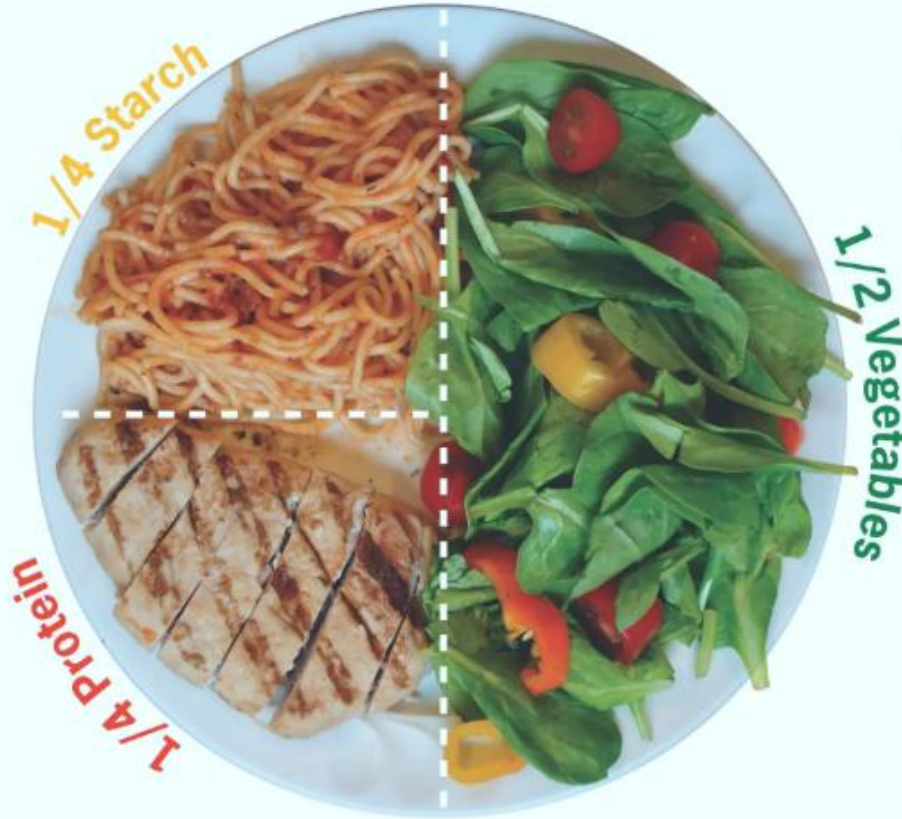




My Healthy Plate



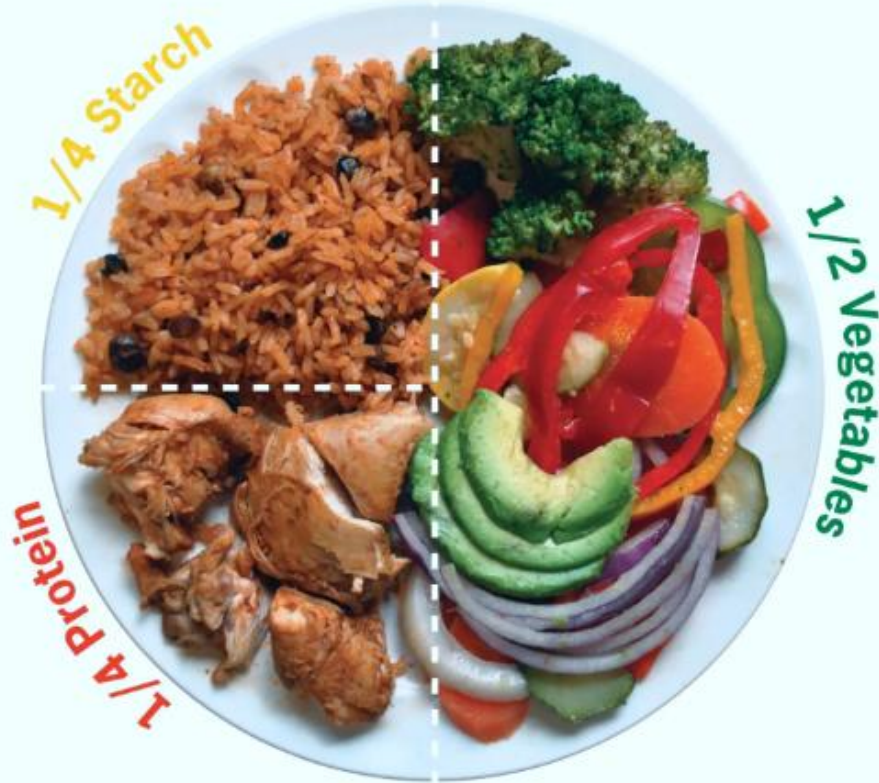
Water is the best drink
for you.



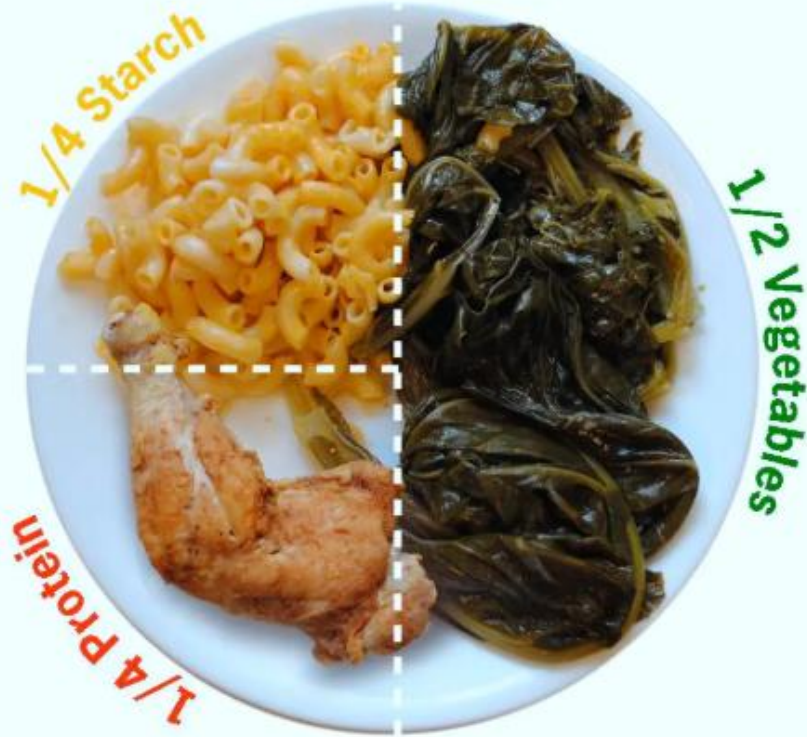
My Healthy Plate



Water is the best drink for you.



My Healthy Plate



My Healthy Plate



$\frac{1}{4}$ Starch

$\frac{1}{4}$ Protein

$\frac{1}{2}$ Vegetables

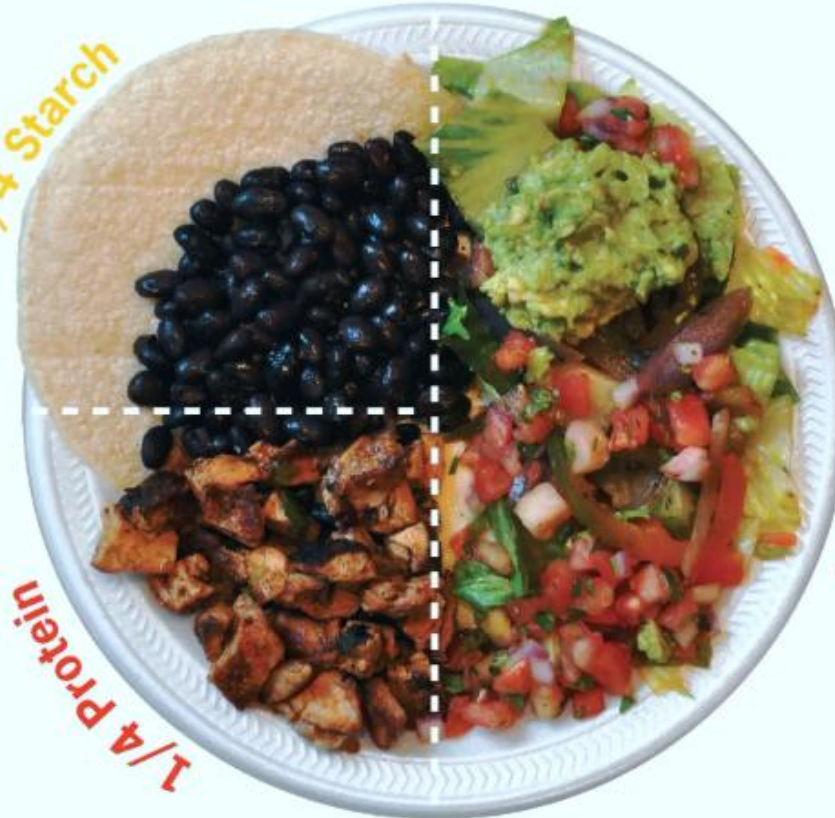


My Healthy Plate



Water is the
best drink for you.

$\frac{1}{4}$ Starch



$\frac{1}{2}$ Vegetables

$\frac{1}{4}$ Protein



Eating a Healthy Diet



Fruits

Blueberries	Oranges
Bananas	Apples
Peaches	Pears
Strawberries	Grapes



Vegetables

Sweet potato	Onions
Kale	Carrots
Spinach	Lettuce
Tomatoes	Broccoli



Whole Grains

Whole wheat	Barley
Whole corn	Quinoa
Oatmeal	Bulgur
Brown rice	Farro



Legumes

Lentils	Fava beans
Chickpeas	Kidney beans
Soy beans	Peas
Black beans	Edamame

Suggested Healthy Diet Plans to Follow

Vegetarian/ Vegan

Fruits
Vegetables
Whole grains
Legumes
Low in added fats
(oils, nuts...)

Mediterranean

Fruits
Vegetables
Whole grains
Legumes
Olive oil
Walnuts
Almonds
Oily fish
(trout, sardines, salmon)

DASH

Fruits
Vegetables
Whole grains
Legumes
Fat free dairy
Lean meats
(chicken, turkey)
Fish

AHA

Fruits
Vegetables
Legumes
Low-fat dairy
Lean meats
(chicken, turkey)
Fish
Nuts
Seeds

Foods to Limit or Avoid



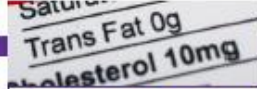
Red and Processed Meats

Sausages
Cold cuts
Pork
Veal
Bacon
Lamb
Beef
Venison (Deer)



Saturated Fat

Red meats
Ice cream
Cheese
Cream
Lard
Butter
Processed meats



Trans Fat

Hydrogenated fat
Partially hydrogenated fat
Trans fat



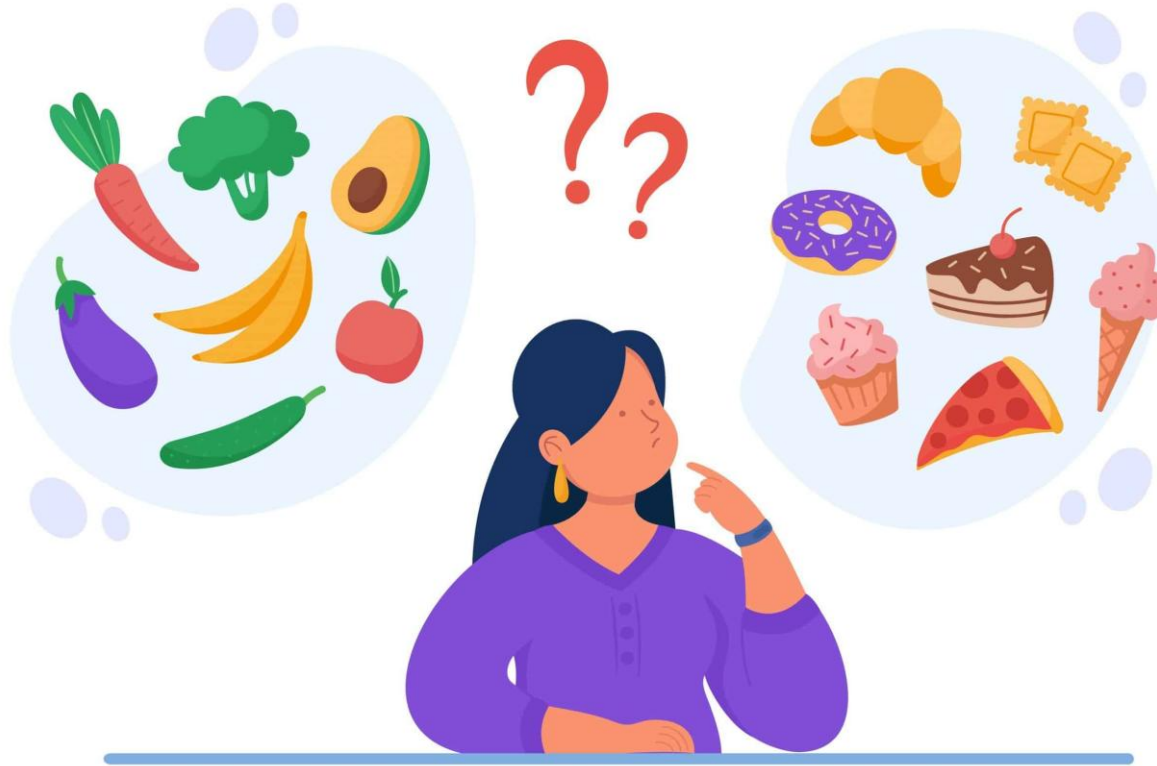
Sweet and Refined Carbs

Sugar
Juices
Candies
High fructose corn syrup
Sodas
Sweets
Sports drinks



Sodium

Frozen meals
Canned foods
Soups
Pickles
Olives
Chips



Post-Test

We will do a short quiz, like the pre-test, to see what you learned in the program.

Your answers are **not** graded.

Scan the QR code to take the post-test.

Post Test



Thank You For Choosing Us!

