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August 6, 2023

Whole Food Plant Based Diet for Reducing Hypertension Risks

Intro: Hello, Mr/Ms. ____, How are you doing today? We are here today to discuss your blood pressure readings.

Define problem: Going over your past blood pressure readings, it seems the last three appointments have shown consistently high readings. This would classify you as having high blood pressure also known as hypertension. Now the reason why this is concerning, is because high blood pressure is directly related to cardiovascular disease. It puts you at risk for developing heart diseases, strokes, diabetes, and kidney diseases.¹

Solution: Our goal now, is to reduce your blood pressure to less than 130 / 80.² I recommend a diet that is rich in vegetables. Vegetables are low in sodium and saturated and trans fats, which lower blood pressure and cholesterol.¹ Vegetables are also high in potassium, fiber, and antioxidants which help reduce the top and bottom numbers of your blood pressure.¹ A diet high in vegetables will truly makes a difference in your blood pressure. Let's talk about how to do that.

S: The best vegetables to include in your diet are those that you enjoy. Why don't we start with you telling me about some of your favorite vegetables? If you don't have some favorites, might I suggest spinach, broccoli, or carrots. I recommend any leafy green vegetables because they are high in vitamin A, C, E, K, and antioxidants which will significantly lower your cardiovascular disease.³ As for increasing potassium intake, bananas are an excellent source of potassium.

M: The recommended number of vegetables you should be eating is 4-5 daily servings. This roughly correlates to the size of your palm. We can start adding 4-5 daily servings of your favorite vegetables.

A: Add in 2-3 different vegetables of your choosing. We can start with a few of your favorite veggies and then add in more to your diet.

R: It is important to continue this goal because it will help lower your blood pressure and prevent strokes, and cardiovascular and kidney diseases.

T: During your next trip to the grocery store, buy enough of your favorite vegetables to eat 4-5 servings a day.

Sources:

1. Lee KW, Loh HC, Ching SM, Devaraj NK, Hoo FK. Effects of Vegetarian Diets on Blood Pressure Lowering: A Systematic Review with Meta-Analysis and Trial Sequential Analysis. *Nutrients*. 2020;12(6):1604. Published 2020 May 29. doi:10.3390/nu12061604
2. DePalma SM, Himmelfarb CD, MacLaughlin EJ, Taler SJ. Hypertension guideline update: A new guideline for a new era. *JAAPA*. 2018;31(6):16-22. doi:10.1097/01.JAA.0000533656.93911.38
3. Ojagbemi A, Okekunle AP, Olowoyo P, et al. Dietary intakes of green leafy vegetables and incidence of cardiovascular diseases. *Cardiovasc J Afr*. 2021;32(4):215-223. doi:10.5830/CVJA-2021-017