### 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.

**High Fiber Grains**
- Look for “whole” before the name of the grain as the first word on the ingredient label.
- Choose grains with at least 2 grams of fiber per serving.

**Nonfat or Low-fat Dairy**
- Drink nonfat (skim) or low-fat (1%) milk.
- 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 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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**Purdue Extension**

**Knowledge to Go**

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