


Aims of nutritional management

- To control blood pressure within the normal ranges
- To achieve a gradual weight loss in overweight and obese individuals and maintain their weight slightly below the normal
- To reduce sodium intake based on severity
- To maintain adequate nutrition
- Regulate fat intake

Nutritional management

- Providing low calorie diet if the patient is overweight until ideal body weight is achieved
- Regulating fat intake. Encourage intake of unsaturated fats (oils) such as Elianto and olive oil.
- Restricting alcohol intake
- Restricting sodium intake. To achieve this, one is supposed to choose food low in sodium and limit the amount of salt added to food also restrict processed foods and use of sodium containing spices
- Avoiding stimulants e.g. caffeine and spirits
- Avoid cigarette smoking, which may lead to atherosclerosis
- In some cases it may be necessary to restrict fluid intake
- Encourage physical activity for those leading a sedentary lifestyle. Physical activity has measurable biological effects affecting cholesterol levels, insulin sensitivity and vascular reactivity. These effects are dose dependent such that the more the exercise, the greater the health benefits

Compiled by Nutritionist In charge
JKUAT Hospital


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