

## Hypertension (HTN) Evidence Based Nutrition Practice Guideline

HTN RECOMMENDATIONS (2008)	HTN RECOMMENDATIONS (2015)	SUMMARY OF CHANGES
<p><b>HTN: Classification of Blood Pressure</b></p> <ul style="list-style-type: none"> <li><i>HTN: Blood Pressure Measurement in Assessment</i></li> <li><i>HTN: Blood Pressure Measurement in Monitoring and Evaluation</i></li> </ul>		Not reviewed.
<b>SCREENING AND REFERRAL</b>		
		No SCREENING AND REFERRAL recommendations.
<b>NUTRITION ASSESSMENT</b>		
<p><b>HTN: Food/Nutrient-Medication Interaction</b></p> <ul style="list-style-type: none"> <li><i>HTN: Food/Nutrient and Medication Interaction Assessment</i></li> </ul>		Not reviewed.
<b>NUTRITION DIAGNOSIS</b>		
		No NUTRITION DIAGNOSIS recommendations.
<b>NUTRITION INTERVENTION</b>		
	<b>HTN: Medical Nutrition Therapy (MNT)</b>	Added new recommendations.

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	<ul style="list-style-type: none"> <li>HTN: Effectiveness of MNT</li> <li>HTN: Duration and Frequency of MNT Encounters</li> </ul>	
<b>HTN: DASH Dietary Pattern</b> <ul style="list-style-type: none"> <li>HTN: DASH Diet</li> </ul>	<b>HTN: DASH Dietary Pattern</b> <ul style="list-style-type: none"> <li>HTN: DASH Diet</li> <li>HTN: DASH and Weight Reduction</li> </ul>	Updated and added new recommendation on DASH and Weight Reduction.
<b>HTN: Physical Activity</b>	<b>HTN: Physical Activity</b>	Updated.
<b>HTN: Dietary Sodium</b> <ul style="list-style-type: none"> <li>HTN: Sodium Intake</li> <li>HTN: Sodium Intake Monitoring and Evaluation</li> </ul>	<b>HTN: Sodium</b>	Updated.
<b>HTN: Weight Management</b>		Not reviewed.
<b>HTN: Omega-3 Fatty Acids</b>		Not reviewed.
<b>HTN: Dietary Protein</b>		Not reviewed.
<b>HTN: Soluble Fiber</b>		Not reviewed.
<b>HTN: Potassium</b>	<b>HTN: Potassium</b> <ul style="list-style-type: none"> <li>HTN: Dietary Potassium</li> </ul>	Updated and added new recommendation on potassium supplementation.

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	<ul style="list-style-type: none"> <li>HTN: Potassium Supplementation</li> </ul>	
<b>HTN: Vitamins</b> <ul style="list-style-type: none"> <li>HTN: Vitamin C</li> <li>HTN: Vitamin E</li> </ul>		Not reviewed.
	<b>HTN: Vitamin D</b>	Added new recommendation.
<b>HTN: Dietary Magnesium</b>	<b>HTN: Magnesium</b> <ul style="list-style-type: none"> <li>HTN: Dietary Magnesium</li> <li>HTN: Magnesium Supplementation</li> </ul>	Updated and added new recommendation on magnesium supplementation.
<b>HTN: Calcium</b>	<b>HTN: Calcium</b> <ul style="list-style-type: none"> <li>HTN: Dietary Calcium</li> <li>HTN: Calcium Supplementation</li> </ul>	Updated and added new recommendation on calcium supplementation.
<b>HTN: Fruits and Vegetables</b>		Not reviewed.
<b>HTN: Soy Foods</b>		Not reviewed.
<b>HTN: Garlic</b>		Not reviewed.

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HTN: Cocoa and Chocolate		Not reviewed.
HTN: Caffeine <ul style="list-style-type: none"> <li>• <i>HTN: Caffeine Intake</i></li> </ul>		Not reviewed.
HTN: Alcohol Consumption	HTN: Alcohol <ul style="list-style-type: none"> <li>• <i>HTN: Alcohol Intake and Heavy Drinkers</i></li> <li>• <i>HTN: Alcohol Intake and Moderate Drinkers</i></li> </ul>	Updated.
HTN: Management of Blood Pressure <ul style="list-style-type: none"> <li>• <i>HTN: Comprehensive Program for Blood Pressure Management</i></li> </ul>		Not reviewed.
<b>NUTRITION MONITORING &amp; EVALUATION</b>		
HTN: Goals of Therapy <ul style="list-style-type: none"> <li>• <i>HTN: Blood Pressure Treatment Goal</i></li> <li>• <i>HTN: Blood Pressure Treatment Goal for Individuals with Diabetes or Renal Disease</i></li> </ul>		Not reviewed.
<b>OUTCOMES MANAGEMENT</b>		
		No OUTCOMES MANAGEMENT

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		recommendations.