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# INDUSTRY STANDARD OF THE PEOPLE'S REPUBLIC OF CHINA

# WS/T 430-2013

## Dietary guide for hypertensive patients

高血压患者膳食指导

**(English Translation)**

**Implemented on: October 1, 2013**

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Preview: page 1 of 3 shown, 9 in the full document. Complete English PDF, instant download:
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# Table of Contents

Foreword

1 Scope

2 Terms and definitions

3 Dietary guidelines

4 Recommended energy and nutrient intake

4.1 Energy

## Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

This standard was drafted. Chinese People's Liberation Army General Hospital, Chinese Academy of Medical Sciences Fuwai Hospital, Beijing Union Medical College Hospital, China Center for Disease Control and Prevention, Nutrition and Food Safety Institute, China Nutrition Society, Peking University Third Hospital.

## 1 Scope

This standard specifies the dietary guidelines for adult patients with essential hypertension (no complications), and the nutrient push associated with hypertension control Recommended intake and daily food categories and recommended intake.

This standard applies to adult patients with essential hypertension dietary guidance.

## 2 Terms and definitions

The following terms and definitions apply to this document.

Low-salt diet Intake of sodium.2000mg or less throughout the day.

No salt meal nosaltdiet Sodium intake within 1000mg all day.

Low sodium diet lowsodiumdie Sodium intake within 500mg all day.

High potassium diet the daily intake of potassium in the diet should reach at least 3100mg (equivalent to 80mmol potassium, 1mmol potassium = 39mg potassium).

Body mass index; BMI Body mass index A measure of height-based index, calculated as the ratio of the body weight (kg) to the square of height (m).



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## 3 Dietary guidelines

Hypertensive patients daily intake should be appropriate to maintain the appropriate weight (BMI = 18.5kg/m2 ~ 23.9kg/m2). Daily food Salt intake does not exceed 5g, recommended low salt diet and high potassium diet, appropriate increase in calcium and magnesium intake, abstinence, daily intake of adequate diet Fibers and vitamins. In the choice of food, follow the principle of food diversification and balanced diet, minimize intake of oil-rich and refined sugar Food, limited consumption of cooking oil. In eating habits, eating should be regular, should not eat too full, nor should not miss the meal.

### 4.1 Energy

Weight-normal hypertensive patients (BMI = 18.5kg/m2 ~ 23.9kg/m2) daily intake of energy per kg body weight of 105kJ (25kcal) ~ 126kJ (30kcal) calculation; overweight and obesity in addition to an appropriate increase in physical activity, it should be appropriate to reduce daily energy intake



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