

# Tools for managing your blood pressure

## Online Tools:

- [Hypertension Canada](#): An interactive site with educational information on all aspects of hypertension (causes, symptoms, measurement tools)
- [Heart and Stroke](#): Blood pressure tracking tool
- [American Heart Association](#): Blood pressure tracking tools, both online and paper-based formats
- [Multidrug interaction checker](#): Application to identify drug interactions
- [Blood pressure log](#)
- [Heart and Stroke Foundation](#): Blood pressure information
- [Hypertension Canada](#): List of blood pressure monitoring devices the organization endorses

## Mobile applications

- [Downloadable blood pressure tracking tool](#) (for apple products: iPhone, iPad)

## Nutrition and blood pressure

- [DASH Eating Plan](#)
- [Comparison of the DASH Diet to Canada's Food Guide](#)
- View a complete library of [DASH diet recipes](#).