

HIGH BLOOD PRESSURE FOOD LIST

HIGH BLOOD PRESSURE Diet Food List

ENJOY

Fruits

- Berries (strawberries, blueberries, raspberries)
- Bananas (rich in potassium)
- Oranges, Apples, Grapes
- Pomegranates, Kiwi, Watermelon

Vegetables

- Leafy greens (spinach, kale, arugula, Swiss chard), Broccoli, Carrots, Bell peppers
- Tomatoes, Sweet potatoes, Beets (high in nitrates, help lower blood pressure), Zucchini

Whole Grains

- Brown rice, Quinoa, Oats
- Whole wheat bread
- Whole grain pasta, Barley
- Buckwheat, Millet

Lean Proteins

- Skillet chicken, Turkey
- Fish (salmon, mackerel, trout, tuna -- high in omega-3s), Eggs, Tofu, Lentils, Chickpeas
- Black beans

Healthy Fats

- Avocados
- Nuts (almonds, walnuts, pistachios)
- Seeds (flaxseeds, chia seeds, sunflower seeds)
- Olive oil, Fatty fish (salmon, sardines)

Low-Fat Dairy

- Skim milk
- Low-fat yogurt
- Cottage cheese
- Low-fat cheese

Potassium-Rich Foods

- Bananas, Avocados, Cantaloupe
- Oranges, Sweet potatoes
- Spinach
- Beans (white beans, kidney beans)

Magnesium-Rich Foods

AVOID

High-Sodium Foods

- Processed meats (bacon, sausage, deli meat)
- Canned soups and vegetables (unless low-sodium), Salted snacks (chips, pretzels, salted nuts), Fast food and takeout meals, Soy sauce, Teriyaki sauce, and other high-sodium condiments

High-Sugar Foods

- Sugary drinks (soda, energy drinks, fruit punch), Candy and sweets
- Sweet goods (cakes, cookies, pastries)
- Ice cream and flavored yogurt
- Breakfast cereals with added sugar

Trans Fats & Saturated Fats

- Fast foods (French fries, fried chicken, doughnuts)
- Processed baked goods (cookies, cakes, pastries)
- Margarine and hydrogenated oils
- Full-fat dairy products (cream, butter, whole milk)
- Fatty cuts of beef, pork, and lamb

Alcohol

- Excessive alcohol intake can raise blood pressure
- Recommended limit:
- Men: No more than 2 drinks per day
- Women: No more than 1 drink per day

Caffeine

- Too much caffeine can cause temporary blood pressure spikes
- Limit coffee, energy drinks, and caffeinated sodas
- Choose herbal teas or decaf coffee instead

Processed Foods

- Packaged frozen meals
- Instant noodles
- Processed cheeses
- Store-bought sauces and dressings

Large Portions of Red Meat

- High consumption of red meat can contribute to high blood pressure
- Limit beef, pork, and lamb intake
- Opt for lean proteins like fish, chicken, or plant-based options

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WATER PLANNER
GROCERY LIST



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alleviate health challenges of all kinds Author Deborah Mitchell has compiled A to Z cross referenced entries of common health conditions along with recommended foods and or supplements to treat them Detailed entries on healing foods from almonds to oatmeal to salmon to zucchini and dozens in between that boost health and well being The latest information on vitamins minerals phytonutrients and more with suggestions for safe effective usage The best food sources and dietary supplements for you and your family Includes delicious easy to follow recipes An overview of American diet and nutritional issues today including a comprehensive resources list And more

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Sodium in Food and High Blood Pressure United States. Congress. House. Committee on Science and Technology.

Subcommittee on Investigations and Oversight,1981 *How to Reduce Your Child's Sugar Intake* Dr Val Wilson,2021-01-14

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