



BLOOD PRESSURE & FOOD

High blood pressure, or hypertension (HTN), is when the pressure of blood flowing through your blood vessels is consistently high. Millions of people have this and most take medication to control it, which is good because HTN

can cause strokes, heart disease, and kidney problems. But what you eat can be a major factor and might get you off medication if you eat the right foods. And the foods to avoid...well we will get into that later because it is everything that I DO eat!

GARLIC—Helps lower blood pressure and cholesterol levels. Love Italian!

BROCCOLI—Potassium balances fluids to maintain regular heartbeat and pressure and also has calcium which helps vessels tighten and relax to regulate flow and pressure. Nope, sorry, not eating.

NUTS/SEEDS—Pistachios, almonds, walnuts, sunflower seed and flaxseeds contain potassium and magnesium which is another mineral that regulates blood pressure. I'm good with all that! Well, not sure about flaxseed, and I thought sunflower seeds were for feeding the birds.

OATS—and other whole grains such as brown rice are good sources of fiber and magnesium. OK on the oats—with lots of brown sugar and milk on my oatmeal.

LOW-FAT DAIRY—Milk, cheese, yogurt are high in calcium. Yes, but isn't ice cream dairy?

BEETS—have nitrates which helps relax and widens blood vessels, thus lower pressure. Not a fan.

BANANAS—has fiber, magnesium and potassium. Meh.

BEANS/LEGUMES—all are excellent sources of fiber, potassium and magnesium. I will eat some.

The benefits of potassium is a lot. Potassium lessens the effects of sodium, so the more potassium you eat, the more sodium you lose through urine. Yay!

So what foods should you avoid—everything in my diet! Alcohol, salt, caffeine, and saturated fat—you know, like cake or anything that tastes sweet and good!