

Eat More Potassium and Less Sodium – Healthline.com: 17 Effective Ways to Lower Your Blood Pressure

(excerpt)

Increasing your [potassium](#) intake and cutting back on salt can also lower your blood pressure.

Potassium is a double winner: It lessens the effects of salt in your system and eases tension in your blood vessels. However, diets rich in potassium may be harmful to people with [kidney disease](#), so talk with your doctor before increasing your potassium intake.

It's easy to eat more potassium. So many [foods](#) are naturally high in potassium. Here are a few:

- low fat dairy foods, such as [milk](#) and [yogurt](#)
- [fish](#)
- fruits, such as [bananas](#), [apricots](#), [avocados](#), and [oranges](#)
- vegetables, such as [sweet potatoes](#), [potatoes](#), [tomatoes](#), greens, and [spinach](#)

Note that people respond to [salt](#) differently. Some people are salt-sensitive, meaning that a higher salt intake increases their blood pressure. Others are salt-insensitive. They can have a high salt intake and excrete it in their urine without raising their blood pressure.

The National Institutes of Health recommends reducing salt intake using the DASH (Dietary Approaches to Stop Hypertension) diet. The [DASH diet](#) emphasizes:

- [low sodium foods](#)
- [fruits](#) and [vegetables](#)
- low fat dairy
- [whole grains](#)
- fish
- poultry
- [beans](#)
- fewer sweets and red meats

Eat less processed food

Most of the extra salt in your diet comes from [processed foods](#) and foods from restaurants, not your saltshaker at home. Popular high salt items include:

- [deli meats](#)
- canned soup
- [pizza](#)
- chips
- other processed snacks

Foods labeled “[low fat](#)” are usually high in salt and sugar to compensate for the loss of fat. Fat is what gives food taste and makes you feel full.

Cutting down on — or even better, cutting out — processed food will help you eat less salt, less sugar, and fewer refined carbohydrates. All of this can result in lower blood pressure.

Make it a practice to check [nutrition labels](#). According to the Food and Drug Administration (FDA), a sodium listing of 5 percent or less on a food label is considered low, while 20 percent or more is considered high.

17 Ways to Lower Blood Pressure - read the entire article (<https://www.healthline.com/health/high-blood-pressure-hypertension/lower-it-fast>)

- 1) Exercise
- 2) Lose weight
- 3) Reduce sugar and refined carbohydrates
- 4) Eat more potassium and less sodium
- 5) Eat less processed food
- 6) Stop smoking
- 7) Reduce stress
- 8) Try meditation or yoga
- 9) Eat some dark chocolate
- 10) Medicinal herbs
- 11) Appropriate sleep
- 12) Garlic
- 13) Eat high protein foods
- 14) Blood pressure lowering supplements
- 15) Reduce alcohol
- 16) Cut back on caffeine
- 17) Prescription drugs