


Powerful Blood Pressure-Lowering Food Infograph


POWERFUL BLOOD  
PRESSURE-LOWERING  
FOODS

POTASSIUM POWERHOUSES


Potassium is vital in maintaining a healthy blood pressure.




Spinach




Kale




Mustard & turnip greens




Bananas




Sweet potatoes



Unsweetened, organic dairy products




Beans




Avocados

BP-FRIENDLY FRUITS


Aim for 2 to 4 servings of fruit a day, especially ones like:




Berries




Citrus



Kiwi




Apples




Melons

LEAN & CLEAN PROTEIN


About 20 to 30% of your total calories should come from healthy proteins.




Wild-caught salmon



Sardines




Eggs from pasture-raised hens




Grass-fed meats

THE “GOOD” FATS


Most people should get about 25-35 percent of their daily calories from healthy fats, including:




Nuts



Seeds




Virgin coconut oil




Extra virgin olive oil

“ANCIENT GRAINS”


The DASH diet calls for 100 percent whole grains, thanks to the mix of fiber and blood pressure-lowering minerals. (Note: Sprouted and gluten-free grains are best. I suggest focusing more on fresh produce, lean proteins and healthy fats.)




Brown rice




Amaranth



Buckwheat




Quinoa



Barley

H2O



Aim for at least 8 8-ounce glasses a day.

Water helps balance your fluids while preventing dehydration

Dr. Axe  
FOOD IS MEDICINE

Web Source: <http://draxe.com/high-blood-pressure-diet/>

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