



Diet & Hypertension

Get More of These Foods!

Calcium	Fiber	Magnesium	Nitric Oxide	Potassium
Calcium helps your blood vessels work properly. Aim for 2-3 servings of these daily: - Beans, Nuts, and Seeds - White bean - Chickpea - Almond - Chia seed - Sesame seed - Vegetables - Kale - Collard greens - Bok choy - Broccoli - Dairy (some of the most concentrated sources) - Milk - Yogurt - Cheese - Cottage cheese - Fish with Edible Bones - Sardine - Canned salmon - Fortified Foods - Many convenience foods are fortified with calcium, such as: - Fortified orange juice - Breakfast cereal - Soy milk - Almond milk	Are you eating enough fiber daily? <u>Under 50</u> Women - 28g Men - 34g <u>Over 50</u> Women - 22g Men - 28g Eat more of these to boost your fiber intake: - Beans, Lentils, Peas - Nuts and Seeds - Chia Seeds - Vegetables - Acorn Squash - Green Peas - Kale & Collard Greens - Broccoli - Avocados - Sweet Potatoes - Fruit - Oranges - Apples - Melons - Berries	Magnesium helps lower blood pressure. Aim for 2 or more servings daily: - Nuts and Seeds (some of the highest sources) - Pumpkin seed - Almond - Cashew - Peanut - Chia seed - Beans and Legumes - Black bean - Lentil - Chickpea - Edamame - Whole Grains - Oat - Brown rice - Quinoa - Whole wheat bread - Vegetables - Spinach - Swiss chard - Avocado - Other Sources - Dark chocolate - Banana - Yogurt	Foods with nitric oxide help your blood vessels relax and reduce blood pressure. Aim for 2 servings of these daily: - Beans, Lentils, Nuts, and Seeds - Chickpeas / Garbanzo Beans - Black Beans - Kidney Beans - Soy Beans - Chia Seeds - Soy milk, Tofu, and Edamame - Vegetables & Herbs - Parsley - Celery - Spinach, Kale, & Arugala - Radishes - Cabbage - Beets & Beet Juice - Fruit - Watermelon - Meat & Fish - Chicken - Salmon - Tuna	Potassium helps your body get rid of extra sodium. Aim for 3 or more servings daily: - Beans and Legumes - Lentil - Black bean - Kidney bean - Chickpea - Fruits - Banana - Avocado - Orange and orange juice - Cantaloupe - Apricot (especially dried) - Vegetables - Potato (especially with skin) - Sweet potato - Spinach - Tomato and tomato products - Butternut squash - Dairy - Milk - Yogurt - Other Sources - Salmon - Tuna - Potato chips - Potassium Salt Substitutes

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.