

Food for High Blood Pressure

Choosing food for high blood pressure sufferers need not be a daunting task or a boring one.

Starting with a list, preferably organic, of the main food categories that are known to help reduce high blood pressure are:

Vegetables

Parsley, Celery , Spinach, Green Cabbage, Broccoli, Carrots (raw), Beetroot (raw), Tomatoes, Garlic, Asparagus, Potatoes.

These vegetables are at the top of the list of food for high blood pressure, for supporting the cardiovascular system either by their powerful antioxidants or diuretic activity.

Establishing the nutritional benefits is only the beginning. Transforming this colourful array of vegetables into dishes of delicious combination is the enjoyable part. Your prior thinking that only boring vegetables can be served up as food for high blood pressure will be transformed into versatile innovations for tasty soups that are hot or cold, or stuffed with rice, beans or sea food, designed with colour combinations to appeal to the eyes as well as the palate.

Fruit

We have so much potassium rich fruit to choose from as food for high blood pressure. Instead of buying the usual, step out of the comfort zone and mix in some exotic varieties.

Sanguinello (*the Sicilian blood red orange*)

A medium sized sanguinello has 260mgs of potassium.

Bananas

Bananas are a well known nutrient packed food for high blood pressure. What is more maybe they protect against heart disease and stroke!

Kiwi fruit

The Kiwi is found in abundance and apart from it being rich in potassium; the skin also contains flavonoid antioxidants.

Strawberries

Strawberries are a great source of vitamin C, flavonoids and potassium, they are available worldwide.

Apricots

Apricots are packed with beta-carotene and potassium.

Passion Fruit

Passion fruit lowers blood pressure. The flower too, as an herb, is noted for its effectiveness.

Tomatoes

Tomatoes are an excellent food for high blood pressure as they are very high in potassium, lycopene, niacin, vitamin C. According to the Journal of the American Medical Association revealed that tomato juice will help lower high blood pressure, as it can reduce the effect of hyperactive blood platelets responsible for the health of blood vessels.

Any vegetable or fruit that is high in calcium and magnesium will be worthwhile to eat. Consume them in the raw state as far as possible. Do not eat the highly processed commercial products. As a reminder, rich potassium laden foods for high blood pressure should be eaten in balance only, do not over indulge.

Healthy Juice Blends

Grapefruit, pineapple, grape, celery, cabbage, tomato and parsley, and other seasonal fruits taken as a combination of juices are great for reducing your weight and your blood pressure.

Drinks

Plain water about 3-5 liters a day is the best drink. Gooseberry, Cranberry and other seasonal fruit juices can be very helpful.

Pulses (Legumes), Nuts, Seeds

Red kidney beans, Black eye peas (beans), Fermented Beans, Lentils. Nuts like walnuts, almonds, peanuts and others; avoid eating the highly processed and salty varieties.

Meats

Fish, White meat, Red meat. Do not eat highly processed packaged products sold in cans or other containers.

Foods rich in potassium have been shown to lower high blood pressure and reduce the risk of heart disease. Use foods high in simple carbohydrates sparingly especially if you are overweight or have an insulin problem.

Most people feel confused and somehow defeated when they are advised to change their diets to a healthier one because it has literally been a lifetime that they have been eating the meals they are used to. Change can be a daunting task, and what to eat can be even more challenging. There are lots of interesting combinations of foods that can help bring your pressure down.

Research has shown that the dietary approach to reduce hypertension is by far superior to taking drugs which have hidden side effects. Another way is through Yoga and other forms of meditations. Some types of exercises also help you to stay healthy and control high blood pressure.