

Reducing Blood Pressure

The prevailing wisdom used to be that sodium caused high blood pressure. It was thought that in order to reduce your blood pressure you had to cut the salt out of your diet. More recent research has forced the CDC to abandon this line of logic. We now know that the more important factor is the ratio of Potassium to Sodium in your diet. Reducing sodium will do little if you aren't eating enough potassium. Sufficient magnesium intake is also important to achieving good blood pressure readings. The recommendations below are aimed at maximizing these two essential nutrients, as well as bringing in sufficient nitrates. Nitrates are natural compounds found in vegetables (as well as preservatives found in processed meats). When they are eaten in sufficient amounts from vegetables and fruits they drive the production of a messaging gas in the blood vessel walls that dilates the blood vessels to reduce blood pressure.

Please consume any combination of the foods below to ensure Between 3,500 and 4,700 mg potassium per day.

500mg foods:

- 1/2 potato
- 1 banana
- 1 sweet potato
- 1 small zucchini
- 1/2 avocado
- 3 tablespoons baked beans
- 1/2 cup quinoa
- 1 cup brown rice
- 1 1/2 cups broccoli
- 1/2 cup beet greens
- 1/2 pound scallops
- 1 can sardines
- 1 mango
- 1/2 cup spinach

200 mg foods

- 1 medium beet
- 1 small tomato
- 1 medium apple
- 1 small handful raisins
- 1 medium carrot
- 1 cup eggplant
- 6 asparagus
- 1 wedge cantaloupe
- 1 green bell pepper

100 mg foods

- 20 grapes
- 1 celery stalk
- 1 cup shredded lettuce
- 1 egg
- 1/2 cup cottage cheese

1. Intake for adults older than 13 is recommended at 4700 mg per day. For children please consult a dietitian. There are medical conditions in which excessive potassium intake is contraindicated such as certain kidney conditions. If you have a heart or kidney condition please consult a dietitian or your doctor before following this guide.

2. While there are a lot of foods that contain potassium and others that contain magnesium, many of those options may also contain additional ingredients that make them poorer choices, such as fruit juices are high in simple carbohydrates, pasta is high in gluten and rapidly absorber carbohydrates. This list should give you many options and ensure that you are eating foods that will protect your health in other ways as well.



Food Journal

Food Journal
Record your food, servings and mg of potassium then total it for the day. Make copies of this page as need to track you intake and blood pressure each day.

Date: _____ Morning Blood Pressure _____ / _____ Afternoon Blood pressure _____ / _____