**Best for High Blood Pressure (Hypertension)**

1. **Boiled Red Kawpi (Cowpea)**
2. **Polpala Drink**
3. **Belimal Tea**
4. **Ranawara Tea**
5. **Iramusu Tea**
6. **Kathurumurunga Mallum**
7. **Mugunuwanna Mallum**
8. **Aguna Kola Mallum**
9. **Dandinala Boiled**
10. **Hulankiriya (Wild Asparagus Porridge)**
11. **Arrowroot Curry**
12. **Jackfruit Leaf Soup**
13. **Cucumber & Tomato Salad**
14. **Sri Lankan Steamed Fish (Theri) with Fresh Herbs**
15. **Papaya & Lime Juice Drink**
16. **Fenugreek Drink**
17. **Turmeric Tea (Golden Milk)**
18. **Gotu Kola Herbal Tea**
19. **Sweet Potato Chips**
20. **Roasted Chickpeas**
21. **Lime & Ginger Tea**
22. **Curry Leaves Salad**

**Best for Diabetes (Blood Sugar Control)**

1. **Boiled Purple Yam**
2. **Garlic and Tomato Soup**
3. **Lunu Kanda (Rice Gruel with Garlic and Pepper)**
4. **Cashew Curry**
5. **Murunga Leaves Mallum (Drumstick Leaves Stir-Fry)**
6. **Kesel Muwa (Banana Flower Curry)**
7. **Thebu Sambol**
8. **Kirihodi (Coconut Milk Gravy)**
9. **Mung Bean Curry**
10. **Papaya Curry**
11. **Jack Seed Dish**
12. **Karawila (Bitter Gourd) Curry**
13. **Sweet Potato and Lentil Stew**
14. **Brown Rice Porridge**
15. **Roasted Chickpeas**
16. **Cabbage Curry**
17. **Tomato Curry**
18. **Pumpkin Curry**
19. **Sweet Potato Curry**
20. **Del (Breadfruit) Curry**
21. **Okra (Ladyfinger) Curry**
22. **Eggplant and Tomato Stir Fry**

**Best for Both High Blood Pressure & Diabetes**

1. **Squashed Eggplant Curry**
2. **Del Atukos Curry (Breadfruit Seed Curry)**
3. **Thalami Batu Curry (Ribbed Gourd Curry)**
4. **Halmasso Fish Curry**
5. **Polos Curry (Young Jackfruit Curry)**
6. **Kola Kanda (Herbal Porridge)**
7. **Karapincha Soup**
8. **Nilkatarolu Juice**
9. **Bovitiya Tea**
10. **Sri Lankan Coconut Milk Soup with Vegetables**
11. **Kurakkan Kanda**
12. **Gotukola Sambol**
13. **Sweet Potato Chips**
14. **Fenugreek Drink**
15. **Turmeric Tea (Golden Milk)**
16. **Kankun Stir-Fry**
17. **Lunu Miris**
18. **Boiled Manioc with Coconut Sambol**
19. **Soya Bean Stir-Fry**
20. **Eggplant Curry (Brinjal Curry)**
21. **Kathurumurunga Leaf Stir-Fry**
22. **Papaya and Lemon Juice**
23. **Brown Rice Porridge**