**Eat small portions frequently:**Sneak [healthy snacking](http://food.ndtv.com/food-drinks/the-three-basic-rules-of-healthy-snacking-746825) sessions in-between the major meals of the day to avoid long gaps. Eating [small portions several times](http://food.ndtv.com/food-drinks/the-ideal-balanced-diet-what-should-you-really-eat-1214286) of the day helps in preventing the sudden drop in blood pressure that one may experience after meals.

**Have adequate salt:** Excess salt is bad, but it is required by your body in moderate quantities. According to the World Health Organisation, your daily diet must contain at [one teaspoon of added salt](http://food.ndtv.com/opinions/why-sea-salt-and-not-table-salt-1279033) besides what you derive from natural from fruits and vegetables. In summers or if you exercise daily, keep some lime water with a pinch of salt handy. Salt works like an instant pick-me-up.

**Drink more fluids:** Drink at least 2 to 3 litres of water every day. Besides this, include drinks like coconut water, bael ka sharbat and aam panna in your diet. These will give you the necessary electrolytes required to maintain the fluids in your body. Dehydration is a common cause of low blood pressure. [Pomegranate](http://food.ndtv.com/food-drinks/5-health-benefits-pomegranate-cook-with-it-1214988) juice is rich in antioxidants called polyphenols and may help you lower your blood pressure.

**Caffeine helps:** Caffeinated beverages like tea or coffee may help boost your blood pressure temporarily.  When your blood pressure dips suddenly, a [cup of coffee](http://food.ndtv.com/food-drinks/the-coffee-chronicles-from-the-various-concoctions-to-cooking-with-it-1269144) or tea can get your circulation going.