

# ***HYPER TENSION***

## ***VEGETERIAN (WL) :***

- **7:30AM:** Honey water.
- **8:30-9AM: BREAKFAST**- 1/2 cup Oats in 1 glass toned milk, Vegetable sandwich , dose, paratha etc- may have tea with 15-20 min gap.
- **11AM: SNACK--** Dry fruits, banana, apple, pomegranate, green tea.
- **12:30-1PM: LUNCH**—2 Chapati with dahi bhindi, bread omelette (choice), one bowl rice, paneer curry etc) : avoid deep fried, too much masala/spicy, have less salt.
- **4PM- SNACKS--** Tea, biscuit, musk melon, juices like watermelon.
- **6:30-7:30PM: DINNER**— 1 Chapati(multigrain -wheat, jowar, bajra)+lauki sabji+ 1/2 cup vegetable salad.
- **9-10PM:** Milk(if hungry).

### Don'ts:

- ▶ Alcohol
- ▶ Smoking
- ▶ Sedentary lifestyle
- ▶ Sleep deprived

### Do's

- ▶ Include more fruits and vegetables
- ▶ Include whole grain cereals
- ▶ Maintain a healthy weight.
- ▶ Include lean meat, fish and poultry.
- ▶ Include low fat dairy products.
- ▶ Small, frequent meals

### Food Items You Can Easily Consume:

- ▶ **Banana:** These portable, easy-peel fruits aren't just sweet and low in sodium; they're also rich in potassium which helps lower blood pressure.
- ▶ **Spinach:** This green leafy delight is low in calories, high in fiber, and packed with nutrients like potassium, folate, magnesium - key ingredients for lowering and maintaining blood pressure levels.
- ▶ **Celery:** eating as few as four celery stalks a day can reduce high blood pressure. It contains phytochemicals known as phthalides that relax the muscle tissue in the artery walls, enabling increased blood flow and, in turn, lowering blood pressure.
- ▶ **Oatmeal:** Eating a diet high in fiber & whole grains helps your body maintain a healthy blood pressure and oatmeal does just that! It helps reduce both your systolic and diastolic pressure.
- ▶ **Avocado:** The oleic acid found in avocados can reduce high blood pressure and cholesterol levels.
- ▶ **Watermelon:** It contains an amino acid called L-citrulline, which has proven to lower blood pressure.
- ▶ **Beetroot:** This crimson root veggie is rich in nitrates, which is thought to relax blood vessels and improve blood flow.
- ▶ **Oranges:** This super rich vitamin fruit - is another food you must indulge in to lower your blood pressure

## HYPERTENSION SIGNS AND SYMPTOMS

