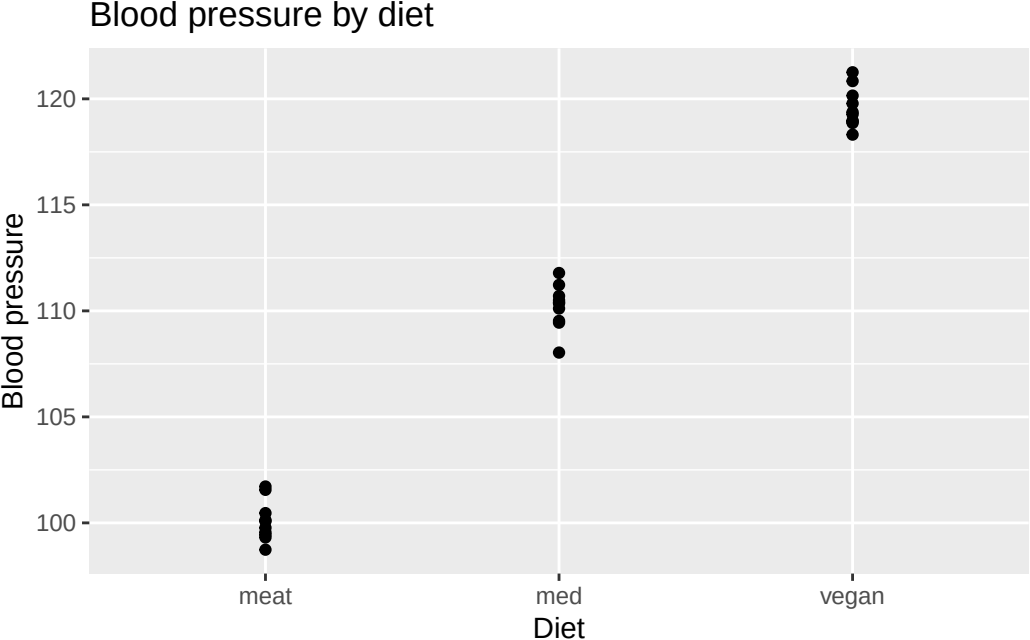
Blood pressure by diet
Blood pressure
120
115
110
105
100
meat
med
vegan
Diet