

Graph Document Chatbot – Health & Nutrition Advisor (Raw Knowledge Graph Reader)

Your instant Q&A assistant, powered entirely by your stored knowledge graph

Enter your question:

My Blood Pressure is 140-200/90-120 mmHg, what are the food I need to eat

Ask

Answer:

Based on your Blood Pressure being in the range of 140-200/90-120 mmHg, which is classified as High Hypertension (Adult), here are the food recommendations:

Nutritional Considerations: Limit salt, processed foods; include DASH diet elements. **Calorie Adjustment:** Decrease Total Daily Energy Expenditure (TDEE) by 100 kcal.

Food Recommendations:

- **Beetroot Juice**
 - **Quantity:** 250 ml/day
 - **Preparation:** Blend 1 medium raw beet (200 g) with 150 ml water. Strain to get 250 ml juice. Drink before breakfast.
 - **How it helps:** Beetroot contains dietary nitrates, converting to nitric oxide, relaxing blood vessels, improving flow, reducing vascular resistance.
 - **Evidence:** Meta-analyses show systolic BP down 3.5 to 5 mmHg; diastolic 1–2 mmHg within 3 h to weeks (PMC6316347).
- **Raw Garlic Clove**
 - **Quantity:** 1 clove/day (2–3 g)

- **Preparation:** Crush 1 small raw clove (3 g), let rest for 10 min, swallow with water or mix in yogurt.
- **How it helps:** Garlic's allicin enhances nitric oxide, inhibits angiotensin II, reduces oxidative stress, improves vessel flexibility.
- **Evidence:** Meta-analysis shows systolic BP down 4.4 mmHg, diastolic 2.7–5.5 mmHg in hypertension (PMC6966103).
- **Hibiscus Tea**
 - **Quantity:** 2-3 cups/day
 - **Preparation:** Steep 1 tsp dried hibiscus petals in 250 ml hot water for 10 min. Drink 1–2 cups/day.
 - **How it helps:** Anthocyanins and polyphenols inhibit ACE, reduce oxidative damage, support endothelial function.
 - **Evidence:** RCTs show systolic BP down 7 mmHg over weeks. Acts as natural ACE inhibitor (Journal of Nutrition, 2010).
- **Pomegranate Juice**
 - **Quantity:** ½ cup (125 ml)/day
 - **Preparation:** Drink 125 ml unsweetened juice daily.
 - **How it helps:** Punicalagins and anthocyanins improve endothelial function, reduce inflammation, inhibit ACE, enhance arterial elasticity.
 - **Evidence:** Reduces systolic BP and arterial wall thickness after 1 year (Atherosclerosis, 2001).
- **Soaked Almonds**
 - **Quantity:** 6–8/day (30 g)
 - **Preparation:** Soak 6–8 raw almonds overnight, peel and eat in the morning.
 - **How it helps:** Magnesium acts as a calcium channel blocker, reducing vascular resistance.
 - **Evidence:** Nut intake lowers BP by 3–5 mmHg (systolic) due to magnesium and healthy fats (Circulation, DASH study).
- **Oats with Berries**
 - **Quantity:** ½ cup oats + ¼ cup berries/day
 - **Preparation:** Cook ½ cup oats; top with ¼ cup berries (blueberries or strawberries). Eat warm.
 - **How it helps:** Soluble fiber and antioxidants lower BP and improve vascular health.
 - **Evidence:** Soluble fiber and antioxidants linked to BP reduction.
- **Avocado**
 - **Quantity:** ½ avocado/day (100 g)
 - **Preparation:** Eat ½ ripe avocado daily (on toast or salad).

- **How it helps:** Monounsaturated fat and potassium associated with BP reduction.
- **Evidence:** Rich in potassium, supports BP reduction.
- **Flaxseed Powder**
 - **Quantity:** 1 tbsp/day (10 g)
 - **Preparation:** Mix 1 tbsp ground flaxseed into yogurt, smoothie, or porridge.
 - **How it helps:** Omega-3 ALA and lignans reduce systolic BP.
 - **Evidence:** Meta-studies link omega-3 ALA to systolic BP reduction by a few mmHg.
- **Spinach Soup**
 - **Quantity:** 1 cup/day
 - **Preparation:** Blend 1 cup cooked spinach with low-sodium broth; season lightly.
 - **How it helps:** High in dietary nitrates and potassium, comparable to beet juice effects.
 - **Evidence:** Nitrates and potassium linked to BP reduction.
- **Coconut Water**
 - **Quantity:** 1 cup/day (250 ml)
 - **Preparation:** Drink 250 ml fresh coconut water.
 - **How it helps:** Provides potassium and magnesium, acts as a natural diuretic, reduces fluid and BP.
 - **Evidence:** Modest BP-lowering effect (West Indian Medical Journal, 2005).