

## Diet and Food Affect Your Blood Pressure

Are you aware that what you eat can affect your blood pressure? Watching your diet can be very beneficial to keeping your blood pressure normal. Even if you have never had a problem with high blood pressure, taking necessary precautions can be beneficial.

You could try a Vegetarian diet. In this diet you will get many of the following:

- Calcium
- Magnesium
- Vitamin A & C
- Potassium
- Complex Carbohydrates
- Polyunsaturated Fat
- Fiber

All of these can have a great influence on your blood pressure.

Sugar can increase your blood pressure, especially the common table sugar sucrose. Try to limit your intake of this. A diet high in fiber has been proven effective in lowering blood pressure. Along with lowering your blood pressure this diet will also help you reduce your cholesterol levels and even promote weight loss.

Eating plenty of fruits and vegetables is very important as well. Any diet that includes consuming fruits, vegetables, low-fat dairy foods and is low in total fat, cholesterol and saturated fat has proven to be effective in lowering blood pressure.

Many people use more salt than they are aware of. Maybe because some of us are just used to automatically salting our food unaware if it was salted when being cooked. (If eating out) Reducing your salt intake will also help lower your blood pressure.

A diet high in potassium and low in sodium reduces your blood pressure rise by reducing the effect of adrenaline. If you reduce your sodium intake you must also increase your potassium intake.

There are some vegetables and spices that help control your blood pressure. Many of these are very common vegetables and spices so you may be helping your blood pressure and not even know it.

Onions' essential oil is very beneficial. If you have two to three tablespoons of this essential onion oil a day, it could help reduce your systolic levels. Tomatoes are also a beneficiary to controlling blood pressure. They are high in GABA, a compound that helps lower your blood pressure.

Broccoli contains several blood pressure reducing ingredients. Carrots also have many compounds that do the same. Introducing these vegetables to your diet will do wonders for your blood pressure. Even if you don't suffer from high blood pressure, it's best to keep it at a safe level and take the extra precautions to get there.

Garlic and celery are also great to add to your diet. Garlic is good for the heart which you've probably been told before. Eating just one clove of garlic a day has been proven to be beneficial.

Whatever diet you choose or whatever foods you try to limit, remember you are doing it for your health. Many people learn to enjoy healthier foods as they get older. If you have any questions or concerns about your blood pressure get with your doctor. They will be happy to assist you and answer any questions you might have. Taking care of your health is very important and will make you feel much better.