



Eat Healthy and Lower Your Blood Pressure: How to Tackle Hypertension with a Healthy Diet

Elizabeth Martyn

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How to reduce high blood pressure with a healthy diet.

Contents:

What is high blood pressure?

Overview: what to eat

Foods to say Yes to:

Fruit and vegetables - how to use, how to eat more

Whole grains, pulses, nuts and seeds - how to use, how to eat more

Fish, poultry, meat and dairy - how to use, how to eat more

Foods to say No to:

Salt - how to cut down

Red/processed meats, high-fat dairy, fried foods - what to avoid, how to cut down

Pre-prepared meals, fast foods, takeaways - tips on cutting down

Sugar - how to wean yourself off sugar

Refined grains - which foods to avoid

Eating Out

Reading the menu

Making healthy choices

Choosing healthy pizza and pasta, Indian, Chinese and other ethnic dishes

Choosing healthy desserts

Choosing healthy drinks

Planning for a Healthier Diet

Get set up for success

What Else Can I Do?

Stop Smoking

Keep to a Healthy Weight

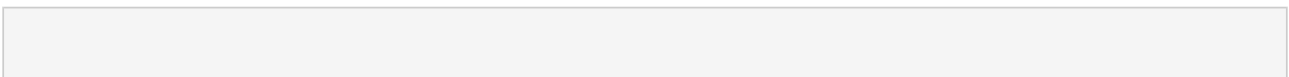
Cut Down on Alcohol

Get Enough Exercise

De-Stress and Relax

Useful Resources

Follow a healthier diet that you can keep to for life. Lower your blood pressure and avoid hypertension, reducing your risk of heart disease and stroke.



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Julie Gailey:

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Curtis Locke:

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James Ronquillo:

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