

Foods that Help Lower Blood Pressure

Ingredients:

- **Apples** (fiber and quercetin which is a natural ant-hypertensive)
- **Avocados** (Rich in potassium which helps lower blood pressure)
- **Beans** (High in soluble fiber, magnesium, and potassium, all great ingredients for lowering blood pressure)
- **Berries** (especially the anthocyanin rich blue may help open blood vessels and allow for better blood flow and a lower risk for high blood pressure. Resveratrol in berries also is known to help lower blood pressure)
- **Carrots, Squash and Sweet Potatoes** (Vitamin C and beta carotene which lower blood pressure)
- **Celery** (Fiber, magnesium and potassium that help regulate blood pressure)
- **Cherries** (Fiber, quercetin and vitamin C plus resveratrol that can reduce systolic blood pressure)
- **Cold Water Fish, Walnuts and Flaxseeds** (omega-3 fatty acids which reduce inflammation and relax and strengthen the blood vessels, thus promoting the circulation and reducing blood pressure)
- **Dark Chocolate** (flavonoids improve endothelial function and decrease blood pressure)
- **Eggs** (Egg protein acts in the body the same way an ACE (angiotensin-converting-enzyme) inhibitor, a type of hypertension medication and decreases blood pressure)
- **Garlic** and all the allium family (**onions, scallions, leeks**, etc.) have been shown to reduce cholesterol, high blood pressure
- **Leafy greens** (spinach, kale, chard, mustard greens etc. are hearty in fiber, vitamin C, potassium, folate and magnesium – all help lower blood pressure)
- **Onions** (quercetin helps to lower blood pressure)
- **Pink Grapefruit** (Vitamin C, and lycopene which has been shown to reduce blood pressure)
- **Red Beets** (Betaine in beets prevents build-up of homocysteine, which can harm blood vessels and contribute to heart disease, stroke, or circulation problems)
- **Tomatoes and Watermelon** (Vitamin C, quercetin, and lycopene which can reduce blood pressure)