

## What are some dietary tips for controlling high blood pressure?

If you suffer from high blood pressure, there are a variety of ways you can lower it: medications, controlling your weight, exercising more often, and reducing or eliminating alcohol consumption, stress and smoking will all help. However, making simple changes to your diet is one of the easiest ways to control and lower your blood pressure; additionally, an improved diet can offer more energy, a stronger immune system and better overall bodily functioning.

Studies show that a low-sodium, potassium-rich diet can help to control blood pressure. If you have been diagnosed with high blood pressure, follow your doctor's nutritional advice. To prevent high blood pressure, try implementing these changes into your diet:

- Choose fresh foods over processed foods. Processing can reduce the level of potassium; sodium often replaces the lost potassium.
- Be wary of canned or preserved foods known to have high sodium contents: canned vegetables, packaged lunch meats, pickles and canned or dried soups are some of the more common foods to avoid. Read the nutrition labels on canned items, for the sodium content and the percentage of your daily intake it provides.
- Eat more fruits and vegetables. Studies show that thinner bodies (which generally have lower blood pressure than overweight bodies) can be achieved, in part, through incorporating more fresh fruit and vegetables into your diet.
- Avoid boiling foods. Steaming, baking, roasting and microwaving all preserve more nutrients than boiling foods, especially potassium.
- Eat more legumes and potatoes. Both are great sources of potassium. Try preparing dried beans instead of canned to keep the sodium content at a reasonable level.
- Use tofu. Tofu is a strong source of potassium and calcium, both of which have been shown to help control blood pressure.
- Increase your calcium. Leafy greens, blackstrap molasses and dairy products are good sources. However, be aware of potentially high sodium contents in dairy products.

Keep in mind that one of the best dietary change you can make to control and lower your blood pressure is to reduce or eliminate sodium. Remove the saltshakers from your table; avoid adding salt to cooked foods until after you have tasted a bite; use lemon juice in place of salt; and try sodium-free seasonings.

Here when you need us.

Call: 844-207-5465

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: LivingME

---

©2025 ComPsych<sup>®</sup> Corporation. All rights reserved. This information is for educational purposes only. It is always important to consult with the appropriate professional on financial, medical, legal, behavioral or other issues. As you read this information, it is your responsibility to make sure that the facts and ideas apply to your situation.