

## **Foods to Combat High Blood Pressure**

**The following specific foods may help to lower blood pressure. Try to incorporate as many as you can into your diet.**

### **Proteins:**

- Soy, (fermented) 30gm daily: natto, tofu, tempeh, miso
- hydrolyzed whey
- legumes (vegetable protein)
- cold water fish: sardines, herring, haddock, salmon or trout
- foods high in L-arginine: lentils, hazelnuts, walnuts, peanuts 3.3 gm daily

### **Vegetables and Fruit:**

- seaweed (hijiki and wakame)
- garlic, 1-4 fresh cloves/day
- mushrooms – ½ cup shitake, maitake
- celery, 4 stalks/day
- foods high in lycopene: tomatoes, guava, watermelon, apricots, pink grapefruit, papaya

### **Fats and Oils:**

- olive oil, flax and canola oils

### **Carbohydrates:**

- increase **complex** carbohydrates
- increase high fiber whole grains: oatmeal, oatbran, barley, wheat
- fiber: psyllium 7gm