

## DIET FOR HYPERTENSION

To be taken	Not to be taken
Whole grains	Sodium diet
Whole grain bread	Sweets
Brown rice	Sugary drinks
Rice flakes	Red meats
Barley	Frozen meals
Fish Poultry	Salty snacks
Nuts	Pickled foods
Low fat dairy	Bread
Skim milk	Soup
Banana	Tomato juice and sauces
Sweet potatoes	Processed meat
Dark chocolate	Pizza
Orange/ grapes/ lemon	Beer, Wine Alcohol
Herbs & spices	Cheese
Salmon	Condiments( Ketchup, soy sauce)
Flax seeds, Pumpkin seeds, Sunflower seeds	Cashew nuts, Pistachio, Peanuts, Raisins
Walnuts, Almonds	Butter

### Suggestions:

Eat a low-fat diet

Include lots of fibre

Plenty of fruit and vegetables

Include citrus fruits- grapefruit, oranges and lemons