

Tomato Products
1 cup = 2,657 mg



Bok Choy
1 cup = 631 mg



Raisins or Figs
1 cup figs or ¼ cup
raisins = 1,021 mg



Mango
1 mango = 564 mg



Brussels Sprouts
1 cup = 495 mg



Lower Blood Pressure with Potassium-Packed Foods

Aim for at least 4,700 mg of potassium each day

Source: Yokoyama Y, Nishimura K, Barnard D.N, Takegami M, Watanabe M, Sekikawa A, Okamura T, Miyamoto Y. Vegetarian Diets and Blood Pressure: A Meta-analysis. *JAMA Internal Medicine* (in press).



Winter Squash
1 cup = 494 mg



Banana
1 Medium Banana
= 422 mg



Sweet Potatoes
1 Medium Sweet
Potato = 438 mg



Lentils
½ cup cooked
lentils = 365 mg



Kale
1 cup, chopped
= 329 mg

Lower Blood Pressure

Scott C. Dulebohn



Lower Blood Pressure:

Whispering the Techniques of Language: An Emotional Quest through **Lower Blood Pressure**

In a digitally-driven world wherever screens reign great and instant transmission drowns out the subtleties of language, the profound techniques and psychological nuances concealed within phrases frequently go unheard. Yet, situated within the pages of **Lower Blood Pressure** a captivating fictional value pulsating with raw emotions, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, that marvelous opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very material of every word. Within the emotional depths of the moving evaluation, we shall embark upon a genuine exploration of the book's primary styles, dissect its charming writing model, and fail to the strong resonance it evokes deep within the recesses of readers' hearts.

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