



AVOIDED

- SWEETS
- ADDED SUGAR
- SATURATED FATS
 - ~ PIES, BAKED GOODS, CANDY BARS, ICE CREAM, FRUIT JUICE, SUGARY DRINKS
- FATTY MEALS
- FULL-FAT DAIRY PRODUCTS
- PALM OILS
- PROCESSED FOODS
- ALCOHOL



RECOMMENDED

- FRUITS
- VEGETABLES
 - ~ FRESH or FROZEN, RAW or COOKED (STEAMED, BOILED, GRILLED)
- LEAN MEATS, POULTRY, EGGS, & FISH
- LEGUMES, NUTS, & SEEDS
- DASH DIET:
 - ~ "DIETARY APPROACHES to STOP HYPERTENSION"
 - ~ FOODS RICH in K^+ , Mg^{2+} , Ca^{2+} , PROTEIN & FIBER
 - ~ LESS ADDED SUGARS & SATURATED FATS
- < 2,300mg SODIUM per DAY
- ~ FOODS with 1.5g of SALT (0.6g of SODIUM) per 100g CONSIDERED **!!**



MODERATION

- AVOCADO & OLIVE OIL



Nutrition And Blood Pressure

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