

FOODS TO AVOID

WHEN YOU HAVE HIGH BLOOD PRESSURE



Salt

Raises the amount of sodium in bloodstream, reducing the ability of the kidneys to remove the water

High in saturated fat

Frozen pizza



Alcohol

Damages the walls of the blood vessels

8 grams of fat, 5 of which is saturated fat

Whole milk



Chinese

Contains more than two days' worth of sodium

Loaded with sodium

Pickles



Sugar

Spikes insulin levels

Nutrition And Blood Pressure

Jessica J Manson



Nutrition And Blood Pressure:

Nutrition And Blood Pressure Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nutrition And Blood Pressure**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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