

15 Best Foods for High Blood Pressure

1. Citrus fruits
2. Salmon and other fatty fish
3. Pumpkin seeds
4. Beans and lentils
5. Berries
6. Pistachios
7. Carrots
8. Celery
9. Tomatoes
10. Broccoli
11. Greek yogurt
12. Herbs and spices
13. Chia and flax seeds
14. Beetroots
15. Spinach



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