

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

Rachel S Tattersall



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