



Swiss Chard 961mg Potassium
150mg Magnesium

Foods That Combat Hypertension

What is Hypertension?

Hypertension, also known as high blood pressure, is the most common cause of cardiovascular disease. If untreated hypertension can lead to such conditions as vision problems, heart attack, stroke, kidney failure and other dangerous conditions.

What Can I do to Improve My Blood Pressure?

Peaches 322mg Potassium

As Mark Houston, MD, director of the Hypertension Institute in Nashville explains “People concentrate on sodium,... But it’s also important to look at the ratio of sodium to potassium. Even if you have a high sodium intake, you can negate some of that by having a high intake of potassium. A diet high in potassium—as well as magnesium, another important nutrient—may improve blood pressure and reduce coronary artery disease and stroke.” (Bowden, 2011)



What Foods are Best for My Blood Pressure?

Foods high in potassium and magnesium like the ones pictured here.

Dried Apricots 1,100mg Potassium

Yams 911mg Potassium

Celery 344mg Potassium

Banana 422mg Potassium
32mg magnesium



Sources:

Bowden, Jonny (2011). Under Pressure: Combat Hypertension Naturally with These Helpful Foods and Supplements. Better Nutrition. July 2011 Vol. 73 No. 7 P. 24-25.

Healthy Transformations Book of the Month:

The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them

By Susan Allport

“An interesting and comprehensive account of the history of omega-3 fatty acids. It not only provides a clearly reasoned case for the benefits of having more omega-3 fatty acids in the diet, but also offers practical advice about how to add these fats to our diet.” -Nature

Thanks to Kim Thompson of Healthy Transformations



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