

To lower blood pressure Decrease Sodium Intakes

Eat less of these foods...

Fast-Food



Restaurant Foods

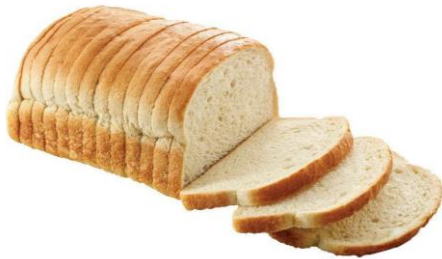


Processed Foods

Avoid packaged foods with >340 mg of sodium per serving

Nutrition Facts	
Serving Size 3 oz. (85g) Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
	% Daily Values*
Total Fat 15g	30 %
Saturated Fat 5g	10 %
Trans Fat 5g	10 %
Cholesterol 30mg	10 %
Sodium 650mg	25 %
Total Carbohydrate 30g	10 %
Dietary Fiber 5g	10 %
Sugars 5g	
Protein 5g	
Vitamin A 5%	Vitamin C 2%
Calcium 15%	Iron 5%
*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.	
	Calories
Total Fat	Less than 80g
Sat Fat	Less than 30g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300mg
Dietary Fiber	Less than 5g

Bread



Pizza



Hamburgers



Cold Cuts & Cured Meats



Canned Soup



Tacos & Burritos



Snack Foods

Chips, popcorn, pretzels and crackers



Fried/Breaded Chicken



Cheese



To lower blood pressure

Increase Potassium Intakes

Eat as many of these foods as possible, every day...

Potato

(with skin,
white or sweet
potato)



926 mg

Avocado



690 mg

Beet Greens

(½ cup, cooked)



654 mg

White & Lima Beans

(¾ cup)



735 mg

Lentils, Pinto, Kidney, Navy & Black Beans

(¾ cup, cooked)



540 mg

Acorn Squash (½ cup)



448 mg

Cantaloupe Melon (1 cup)



427 mg

Banana



422 mg

Spinach (½ cup cooked, 2 cups raw)



419 mg

Tomato Juice (¾ cup)



395 mg

Honeydew Melon (1 cup)



388 mg

Tomato Sauce & Salsa (½ cup)



364 mg

Chickpeas (¾ cup)



357 mg

Halibut & Tuna Fish (3 oz)



350 mg

Yogurt & Milk (1 cup)



345 mg

Artichoke



343 mg

Pomegranate (1/2)



333 mg

Prunes (1/4 cup)



318 mg

Cherries (1 cup)



306 mg

Raisins (1/4 cup)



299 mg

NOTE: Adequate intakes for potassium are 2600 mg/day (women) and 3400 mg/day (men). [Dietary Reference Intakes for Sodium and Potassium, 2019] ~4000 mg of potassium per day can decrease systolic BP by 7mmHg and diastolic BP by 5 mmHg, [Binia et al, J Hypertens, 2015] Furthermore, this level can mitigate salt sensitivity in African Americans. [Morris et al, Hypertension, 1999] CAUTION: Patients with chronic kidney disease who have hyperkalemia should limit potassium intakes.

www.nutrition-prescriptions.com

SOURCE: USDA Fooddata Central.
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