To lower blood pressure

Decrease Sodium Intakes

Eat less of these foods…

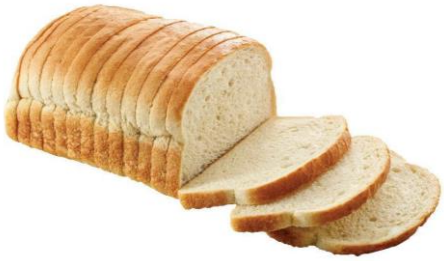
Fast-Food

Restaurant Foods

Processed Foods

Avoid packaged foods with >340 mg of sodium per serving

Bread



Pizza

Hamburgers

Cold Cuts & Cured Meats

Canned Soup

Tacos & Burritos

Snack Foods

Chips, popcorn, pretzels and crackers

Fried/Breaded Chicken

Cheese

REFERENCES: Ahmed et al, Nutrients, 2023 & Centers for Disease Control "Top 10 Sources of Sodium"

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
(3/4 cup)

735 mg

Lentils, Pinto, Kidney, Navy & Black Beans
(3/4 cup, cooked)

540 mg

Acorn Squash (½ cup)

448 mg

Cantaloupe Melon (1 cup)

427 mg

Banana

422 mg

Spinach
(1/2 cup cooked, 2 cups raw)

419 mg

Tomato Juice (3/4 cup)

395 mg

Honeydew Melon (1 cup)

388 mg

Tomato Sauce & Salsa (1/2 cup)

364 mg

Chickpeas
(3/4 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.

SOURCE: USDA Fooddata Central.