Blood Pressure

Top 10 Foods to Lower Blood Pressure

Article giving details of top 10 foods which can help in bringing down blood pressure. Foods such as spinach, skimmed milk, banana, beans, etc. can help in battling hypertension.

High blood pressure or hypertension is a medical condition where the arterial blood pressure increases. The reasons could be too much stress, obesity, high intake of salt, diabetes etc. The probability of cardiovascular diseases such as heart strokes, heart failure, kidney disorders, heart attack etc increases with a high BP.

Given below is a list of 10 foods that can help you lower down the blood pressure:

**Spinach:** It contains magnesium, folate, iron, vitamin C and is very healthy for your body. Even if you don't like it, make sure that you include this nutrient rich vegetable in your diet as it contains those key ingredients.

**Banana:** It is rich in potassium which is perhaps the most important nutrient to lower down the high blood pressure. A banana a day keeps the high blood pressure away. It assures you of good health.

**Kiwi:** Of late, the kiwifruit is being prescribed to battle hypertension. Rich in potassium and Vitamin C, it helps lower down the BP. Kiwis are also rich in an antioxidant called lutein, which, it is thought, might help fight the disease.
**Skimmed milk:** Easily available and a part of daily consumption. It contains plenty of calcium and vitamin D and the two nutrients team up to bring down blood pressure.

**Garlic:** A single clove of garlic does wonders. It has several properties which help prevent clotting and thickening of blood vessels. Also, it can easily fight the damage caused due to high BP.

Beans: Kidney, pinto, lima and black beans are some types of beans you should include in your daily diet. Beans are rich, both in magnesium and potassium, capable of decreasing the high blood pressure.

**Broccoli:** Oozing with potassium, it also contains chromium which fights against the cardiovascular diseases. It controls the blood sugar and insulin levels.

**Celery:** It contains an ingredient called phthalide which rests the muscles of the vessels and aids in the smooth flow of blood. Besides that, celery has a very calming effect and is highly recommended if you are prone to stress.

**Tomatoes:** It contains an antioxidant lycopene, which is known to significantly reduce the high blood pressure. Also, tomatoes are rich in calcium, potassium, vitamins A, C and E, all the essential nutrients required to curb the problem.

Others: Apart from the nine foods mentioned above, sunflower seeds, olive oil, avocados, papaya, dark chocolates and various juices are helpful in bringing the blood pressure levels to normal. It is advisable to eat vegetables and fruits rich in potassium and calcium. Intake of salt (which contains sodium) should be minimized. Avoid eating fried stuff. (MensXP.com)
One of the simplest ways to stay happy is to let go of all of the things that make you sad.
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