

Foods to lower blood pressure and cholesterol

Below are some foods that can help to lower blood pressure and also correct high cholesterol. Some are also good sources of potassium which helps your kidneys get rid of more sodium through your urine.

- Apples, grapes, strawberries, citrus fruits
- Apricots (2 medium)
- Artichokes (1 medium)
- Avocado
- Banana
- Beans and lentils
- Beetroot and beet greens (cooked)
- Berries, especially blueberries
- Brussels sprouts
- Cantaloupe
- Chocolate - dark is best
- Celery
- Coconut water
- Dairy
- Dates
- Dried apricots
- Eggplant and okra
- Flaxseed – 1 tablespoon freshly ground
- Greens
- Nuts – walnuts, brazils and almonds
- Oats- barley and other whole grains in small quantities
- Olive Oil
- Pistachios - fresh not salted
- Pomegranate
- Salmon, mackerel, and fish with omega-3s.
- Seeds, any and all – especially sprouted
- Skim milk and yogurt
- Spinach
- Squash
- Sweet potato

Less: Salt... I use Himalayan pink salt for the minerals but sparingly

A sample day of meals to get these foods into your diet:

Breakfast:

Porridge oats and ground flax seeds and blueberries or banana

or

Yoghurt with ground flax seeds and blueberries

Lunch:

Salad greens with beetroot and sprouted seeds (plus cucumber & celery)

With Half a small avocado

or

Hard Boil egg or beans/lentils

Main Meal:

Salmon steak on wilted spinach and sweet potato mash

Or

Omelette with mushrooms and mixed greens

Mixed fruits to follow