

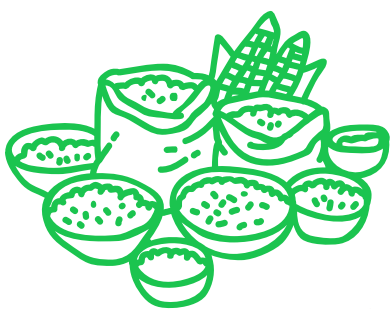
# HIGH BLOOD PRESSURE EATING PLAN

## EAT THESE

### FRUIT AND VEGETABLES



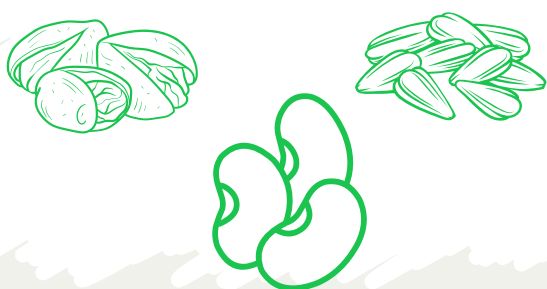
### WHOLE GRAINS



### LEAN PROTEINS



### BEANS, NUTS & SEEDS



### VEGETABLE OILS



## LIMIT THESE

### FATTY MEATS



### FULL FAT DAIRY



### SODA SOFT DRINKS



### CANDY, CAKES, SUGAR



### SALT INTAKE

