

Diet for High Blood Pressure



Avoid salty and fried things like chips, wafers, farsan, salted peanuts, salted dry fruits, papad, pickle, etc.



Avoid junk food like pizza, burger, wada pav, samosa



Avoid canned foods, preserved foods, salted and preserved fish and meat



Avoid baking soda



Egg white can be taken, avoid egg yolk



Have 1-2 fruits per day



Increase use of vegetables, salads and sprouts in your meals



Exercise regularly



Daily salt intake should be as per recommendation of Dietician (<2300mG/Day)