



Foods that help to lower blood pressure & cholesterol

Here is some information on foods that help to lower blood pressure & cholesterol that you may find helpful. These ingredients can be used in the One Pot Stir Fry cooking technique, as well as on their own or in a variety of other ways. Let me know some of your favorites from this list and we can put together some ideas for food combinations you might like!

Blood pressure lowering foods

- Foods high in potassium (bananas, potatoes) - apparently they reduce the impact of sodium on blood pressure
- Spinach
- Beans (such as soybeans, black, white, navy, lima, pinto, and kidney beans)
- Raw unsalted sunflower seeds (make sure they are raw, and my advice is to soak them overnight in filtered water before you eat them, makes them much easier to digest)

Also, these places say to reduce salt intake, but I think if you are using pure sea salt, it shouldn't affect you as much. I am not an expert, but that has been my experience.

Sources:

<http://www.mayoclinic.com/health/high-blood-pressure/HI00027>

<http://www.joybauer.com/high-blood-pressure/best-foods-for-high-blood-pressure.aspx>

Cholesterol lowering foods

- Oatmeal, barley
- Kidney beans
- Apples, pears, prunes (or any fruit with soluble fiber, like bananas)
- Raw unsalted nuts - almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts (make sure they are raw and unsalted; my advice is to soak them overnight in filtered water before you eat them, as it makes them much easier to digest)
- Flaxseed, canola, olive oil

Sources:

<http://www.mayoclinic.com/health/cholesterol/CL00002/NSECTIONGROUP=2>



Enjoy and happy eating!

Take care,

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