



DIET & HEART HEALTH

How Eating Affects Your Blood Pressure

NEGATIVE EFFECTS !



Excess Body Weight

Increases blood volume → more pressure on vessel walls



High Sodium Intake

Increases extracellular fluid → higher pressure inside arteries



Saturated & Trans Fats

Promote blood vessel dysfunction

High Sodium Intake

Increases extracellular fluid → higher pressure inside arteries

Excess Fructose

(High Fructose Corn Syrup). Promotes sodium absorption in the gut & reabsorption in the kidneys

✓ POSITIVE EFFECTS



Omega-3 Fatty Acids

Walnuts, salmon, mackerel
Improve vessel function & assist in the relaxation of blood



Natural Nitrates

Beets, spinach, celery
Promote blood vessel relaxation (vasodilation) & are anti-hypertensive



Antioxidants

Counteract damage from saturated fats & support vessel health

DON'T FORGET KEY NUTRIENTS

Be sure to include Vitamin B12 & Vitamin D by consuming a variety of plant foods, enriched foods, or supplements.



THE DASH DIET

Clinically Proven Results:

-11.3 mmHg ↓ Systolic BP in hypertensive patients*

DASH: Dietary Approaches to Stop-Hypertens

-11.5 mmHg ↓ Reduction when DASH + sodium reduction*

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