

# FOODS THAT CAN HELP LOWER BLOOD PRESSURE



## OATMEAL

Rich in potassium, magnesium, antioxidants and soluble fiber, helps you stay fuller longer



## LEAFY GREENS

Good source of calcium and iron, high in antioxidants, rich in potassium and fiber



## SKIM MILK

Excellent source of potassium and calcium, high quality proteins, can protect against tooth decay, good source of vitamin A and vitamin B12



## BANANAS

Good source of potassium, can aid in digestion, contains vitamins C, B6 and magnesium, helps maintain kidney health



## AVOCADOS

Rich in potassium, heart healthy fats, anti-inflammatory properties, good source of fiber, can help lower cholesterol



## OLIVE OIL

Excellent source of heart healthy fats, rich in antioxidants, anti-inflammatory properties

