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