

Food as Medicine for Hypertension

Bananas

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



Avocados

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



Leafy Greens

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



Foods that can help lower blood pressure

Olive Oil

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



Skim Milk

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



Oatmeal

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



*These nutrient-dense foods are not intended to be used to replace medication prescribed by your doctor.



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SECOND HARVEST
of SILICON VALLEY