Nutrition and Hypertension

**Hypertension**: A medical condition in which the force of blood on the artery walls is too high. This condition is characterized by a systolic blood pressure greater than or equal to 140, and a diastolic blood pressure greater than or equal to 90.

**Antioxidants**: Vitamins such as C, E, and B6 can help to reduce blood pressure.

**Foods To Eat More Of**:
- Calcium rich, low-fat dairy
- Lean meat
- Colorful fruits and vegetables
- Whole grain bread
- High fiber cereal

**Foods To Eat Less Of**:
- Canned soup and fast foods
- Fried or salted snacks
- Butter and margarine
- Fatty deli meats
- Whole dairy

**Overall**: To reduce blood pressure, you want to cut out salt and highly processed foods from your diet. Replace these with natural spices and whole foods instead.

