

optimal foods for hypertension

These foods emphasise the nutrients associated with hypertension (i.e. vitamin D, calcium, vitamin E, magnesium, zinc, folate, riboflavin, vitamin B6, copper and vitamin C). From a macronutrient perspective, these foods are 42% protein, 16% fat and 27% net carbohydrates with a low energy density of 105 calories per 100g.

vegetables

- spinach
- watercress
- coriander
- seaweed (laver)
- Chinese cabbage
- chicory greens
- chard
- amaranth leaves
- beet greens
- lettuce
- asparagus
- endive
- parsley
- broccoli
- turnip greens
- seaweed (kelp)
- mustard greens
- seaweed (wakame)
- chives
- okra
- collards
- arugula
- zucchini
- escarole
- kale
- alfalfa
- cauliflower
- mung beans
- red peppers
- celery
- white mushroom
- radicchio
- spirulina
- portabella mushrooms
- banana pepper
- sauerkraut
- summer squash
- cabbage
- snap beans

- radishes
- pumpkin
- Brussel sprouts
- shiitake mushroom
- jalapeno peppers
- artichokes
- peas
- carrots
- onions
- pickles
- cucumber
- butternut squash
- winter squash
- soybeans (sprouted)
- edamame
- yeast extract spread
- pinto beans
- chayote
- red cabbage
- turnips

seafood

- veal
 - protein powder
 - egg yolk
 - ground pork
 - sirloin steak
 - pork chops
 - leg ham
 - kefir
 - ground beef
 - cream cheese
- crab
 - fish roe
 - lobster
 - crayfish
 - oysters
 - salmon
 - halibut
 - white fish
 - caviar
 - octopus
 - shrimp
 - pollock
 - cod
 - rockfish
 - mussel
 - haddock
 - trout
 - sturgeon
 - flounder
 - anchovy
 - perch
 - whiting
 - clam
 - sardine
 - scallop
 - molluscs
 - welk
 - herring

spices

- basil
- dill (fresh)
- paprika
- sage
- tarragon
- thyme
- marjoram
- cloves
- curry powder

offal

- liver
- heart
- kidney
- brains

animal products

- whole egg
- chicken breast