

Grocery Guide for Heart Health

Selecting Foods to Naturally Lower Blood Pressure

Grocery List for Lowering Blood Pressure

Maintaining a diet rich in certain nutrients can help manage blood pressure effectively. Here's a grocery list that focuses on heart-healthy foods that are known to support blood pressure regulation:

Fruits and Vegetables

- **Leafy Greens:** Spinach, kale, and Swiss chard
- **Berries:** Blueberries, strawberries, and raspberries
- **Citrus Fruits:** Oranges, lemons, and grapefruits
- **Bananas:** High in potassium, which helps balance sodium levels
- **Beets:** Rich in nitrates that may help lower blood pressure
- **Avocados:** Packed with potassium and healthy fats

Whole Grains

- **Oats:** Opt for rolled or steel-cut oats
- **Quinoa:** A versatile and protein-rich grain
- **Whole Wheat Bread:** Choose whole grain or whole wheat varieties
- **Brown Rice:** A nutritious alternative to white rice

Proteins

- **Fish:** Salmon, mackerel, and tuna, which are high in omega-3 fatty acids
- **Lean Poultry:** Skinless chicken or turkey
- **Legumes:** Lentils, chickpeas, and black beans
- **Nuts and Seeds:** Almonds, walnuts, chia seeds, and flaxseeds

Dairy

- **Low-Fat or Fat-Free Yogurt:** Contains calcium and probiotics

- **Skim Milk:** Lower in saturated fat compared to whole milk

Herbs and Spices

- **Garlic:** Known for its blood-pressure-lowering properties
- **Turmeric:** Contains curcumin, which may help reduce inflammation
- **Basil and Parsley:** Fresh herbs to flavor dishes without added salt

Beverages

- **Green Tea:** Contains antioxidants that may help improve heart health
- **Hibiscus Tea:** Known to lower blood pressure in some studies

Condiments and Oils

- **Olive Oil:** Use for cooking and salad dressings
- **Balsamic Vinegar:** A flavorful alternative to high-sodium dressings

Snacks

- **Dark Chocolate:** Choose varieties with at least 70% cocoa
- **Popcorn:** Air-popped and without added salt or butter

When shopping, aim for fresh, whole foods and limit processed items that may contain high levels of sodium and unhealthy fats. This list is a starting point for a heart-healthy diet that can contribute to better blood pressure management.