

# THE **BLOOD PRESSURE** **SOLUTION**

## 99 Foods That Naturally Lower *Blood Pressure*



The foods listed in this report work because they can help you maintain a healthy balance of the "Big Four" minerals when it comes to lowering blood pressure: potassium, magnesium, calcium, and/or sodium.

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# Introduction

If you are one of the 67 million American adults (31%) who has high blood pressure (that's 1 in every 3 American adults!), then you are mostly looking for answers.

This exclusive report will become an invaluable resource as you focus on getting healthy and lowering your blood pressure . . . naturally!

I've arranged this report into two easy to read sections. The first section covers the reasons why the foods in this report work. In the second section, I list the foods themselves, along with a description of each and an explanation of why they work to lower blood pressure.

As always, please consult with your physician prior to making any decisions regarding your blood pressure, your diet, or any changes to the medications you may be taking. The information in this report is not meant to be medical advice.

## Why These Foods Work

The foods listed in this report work because they can help you maintain a healthy balance of the "Big Four" minerals when it comes to lowering blood pressure: potassium, magnesium, calcium, and/or sodium.

Each of these vital minerals works in different ways, but the result is the same: they help to lower your blood pressure, naturally.

Let's take a look at each of "The Big Four" in detail.

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## **Potassium:**

Based on overall studies, researchers have found that “a reduced intake of sodium and increased intake of potassium could make an important contribution to the prevention of hypertension, especially in populations with elevated blood pressure.” Potassium appears to actually weaken the effects of excessive sodium intake.

Just like sodium, potassium is fundamental in maintaining adequate fluid and electrolyte balance. This essential macro-mineral is significant to our brain, nerve, heart and muscle performance, as well as bone strength. The current recommended amount of potassium needed for healthy adults is 4,700 mg/day, which can be easily achieved by eating a balanced diet containing potassium-rich fruits and vegetables. Unfortunately, research indicates that on average, most American adults do not consume enough potassium to reach the recommended amount necessary for adequate nutrition.

Potassium supplements are available; however, we recommend seeking your doctor’s recommendation prior to using any dietary replacement, particularly, if you have any type of kidney issues. It is important to note that unlike a dietary supplement, it’s virtually impossible to exceed a safe level of natural potassium intake from fruit and vegetable sources.

## **Magnesium:**

In a study from the University of Hertfordshire, researchers found that “magnesium supplements may offer small but clinically significant reductions in blood pressure.” Combined studies further indicated that dietary supplementation of magnesium may have an effect in reducing blood pressure, particularly in higher dosages, according to the university’s senior lecturer and registered nutritionist, Lindsay Kass.

While a diet low in magnesium may contribute to a rise in your blood pressure, doctors recommend making dietary modifications to include healthy fruits and



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vegetables in preference to supplementing your diet with extra magnesium to help prevent high blood pressure.

As with many recent studies, investigators have found that those who included minerals such as magnesium and potassium as part of their normal dietary intake, can receive the natural benefits of a decreased risk of hypertension.

### **Calcium:**

Calcium, the most abundant mineral in the body, is known to provide strength to our bones and teeth, but it also plays a lesser-known part as an electrolyte, important to several significant biological processes.

While less than 1% of our bodies' calcium reserve is needed to perform these functions, there has been much interest in its potential effect in lowering blood pressure.

Studies indicate that those who maintain a healthy balanced diet, which includes foods containing calcium, magnesium, and potassium, tend to avoid health issues associated with hypertension. On the contrary, those who do not meet a sufficient intake of calcium in their diets tend to have higher blood pressure rates.

While ongoing research is necessary, some results indicate that lowering blood pressure is not the primary result of increasing calcium, but lowered blood pressure is the result of an increased amount of calcium being absorbed and excreted. Lowered blood pressure also occurs because this process occurs in relation to the dietary intake of other minerals such as sodium, potassium, and magnesium.

So despite receiving mixed results, many researchers indicate that ongoing studies are warranted due to comparable variances involved in clinical trials, which show the positive effects that calcium may have on reducing blood pressure.

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## **Sodium:**

The American Heart Association recommends limiting sodium intake to no more than 1,500 milligrams a day. This recommendation is especially important for individuals with high risk factors such as those at the age of 51 or older, who are African American, or who have existing high blood pressure, diabetes, or chronic kidney disease. Many believe that this recommendation comes as a warning to “put down the salt shaker,” without understanding the biological necessity for including sodium as a part of a healthy diet.

In direct balance with potassium, natural sodium (not to be mistaken for table salt) is critical to maintaining our bodies health at a cellular level. This essential mineral is needed to neutralize the acids in our bodies that can result from a poor diet and a stressful lifestyle.

Key to understanding the importance of our bodies need for sodium is also knowing that just like fat, there are both good and bad types of this salty mineral.

Both table salt and sea salt contain about 40% sodium. During varying degrees of processing, these forms of sodium have been stripped of most, or all, of the beneficial minerals contained in their natural state. No longer able to be properly absorbed by the body, in excess, these refined types of salt, along with the harmful additives they contain, can cause many health issues, including high blood pressure.

For those concerned with reducing their sodium intake, it's important to consider that the primary source of our “bad” sodium intake can be found in most every type of pre-packaged and processed food available, compared to that which is added to our dinner plate. Chemically processed foods are filled with “bad salt” that drains the electrolytes our bodies need, thereby increasing the negative effects of a high sodium diet.

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But before you toss out your salt shaker, consider that “good salt” when used in moderation, is an acceptable choice for use in cooking and seasoning your healthy foods. However, it’s important to know what to look for when searching for the healthy alternative, which is raw, unrefined sea salt. You might find a wide variety of sea salt options, so it’s best to always check the label. If it’s white in color or is made entirely of sodium chloride, then it’s been refined/processed. The salt you’re looking for should be one that has color (pink, grey, etc.), and lists plenty of trace minerals.

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# 99 Foods That Naturally Lower Blood Pressure



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## Alaskan Salmon

### Description:

Classified as an oily fish, salmon is considered to be healthful due to the fish being high in protein, omega-3 fatty acids, and vitamin D content.

### Why It Works:

1 oz. of raw sockeye (Alaska Native) salmon contains 8.4 mcg of selenium, 7.6 mg of magnesium, 67.2 mg of phosphorus, and 101 mg of potassium. Studies indicate that consuming omega-3 fatty acids slightly reduces blood pressure.



2

## Almond Milk

### Description:

Made from roasted and ground almonds, which have been soaked and mixed with water, almond milk, naturally high in calcium, is both cholesterol and lactose-free, making it a great alternative to dairy milk. Almond milk can be found in most stores, but can also be easily made at home by grinding almonds and water in a blender.

### Why It Works:

Natural, unsweetened almond milk is low in sodium and is an excellent source of vitamins D and E. One serving contains 150 mg of potassium.



3

## Almonds

### Description:

While the almond is often eaten on its own, raw or toasted, it is also a component of various dishes. Almonds are available in many forms, such as whole, sliced (flaked or slivered), and as flour. Almonds yield almond oil and can also be made into almond butter or almond milk. These nuts can be used in both sweet and savory dishes.

### Why It Works:

Almonds contain polyphenols in their skins, similar to certain fruits and vegetables. 1 oz. of almonds raw contains 197 mg of potassium, and 73.9 mg of calcium.

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# 99 Foods That Naturally Lower Blood Pressure



## Apple Cider Vinegar

### Description:

Apple cider vinegar is made from apple cider, and is a pale to medium shade of amber. It is available in processed form, as well as unprocessed (raw), or organic. This vinegar is most commonly used in salad dressings or marinades, though a small amount can be added to water as a healthy drink.

### Why It Works:

Apple cider vinegar contains an array of various vitamins and minerals, including potassium, sodium, magnesium, calcium, and phosphorous. Health experts agree that unprocessed, organic apple cider vinegar, which contains “mother” (a visible web-like texture), provides the most health benefits.



## Apples

### Description:

Many beneficial health effects have been found from eating apples. Research suggests that apples may reduce the risk of certain types of cancer.

### Why It Works:

Apples contain the flavonoids quercetin, epicatechin, and procyanidin B2, (which function as antioxidants), and is high in dietary fiber. 1 medium apple (3” diameter”) contains 195 mg of potassium.



## Apricots

### Description:

Research shows that out of any food, apricots possess the highest levels and widest variety of carotenoids. As antioxidants, carotenoids may help to prevent heart disease, reduce “bad cholesterol” levels, and protect against cancer.

### Why It Works:

Apricots are a great source of dietary fiber, are high in vitamins A and E, and are an excellent source of minerals. 1 cup of dried apricot halves contains 1511 mg of potassium.



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## Artichoke

### Description:

In the US, large globe artichokes are frequently prepared by removing all but 5–10 mm (0.2–0.4 in) or so of the stem, which is called the artichoke heart. To cook, the artichoke heart is boiled or steamed. The core of the stem tastes similar to the artichoke heart, and is edible. Leaves are often removed one at a time, and the fleshy base eaten with various sauces. The heart is eaten when the inedible part of the artichoke has been peeled away from the base and discarded. The thin leaves covering the artichoke are also edible.

### Why It Works:

The total antioxidant capacity of artichoke flower heads is one of the highest reported for vegetables. 1 medium (120 g) artichoke contains 343 mg of potassium.



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## Arugula

### Description:

Arugula has a rich, peppery taste and an exceptionally pungent flavor for a leafy green. It is a form of cabbage, that is frequently mixed together with other greens in salads.

### Why It Works:

Arugula is a good source of vitamin K, is rich in vitamin C and potassium, and it contains sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.



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## Asparagus




### Description:

Only young asparagus shoots are commonly eaten: once the buds start to open, the shoots quickly turn woody. The shoots are prepared and served in a number of ways around the world, typically as an appetizer or vegetable side dish.

### Why It Works:

Asparagus is a good source of vitamin B6, calcium, magnesium and zinc, and a very good source of dietary fiber, protein, vitamins A, C, E, and K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese and selenium, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

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| <br><b>10</b><br><b>Avocados</b>  | <br><b>11</b><br><b>Bananas</b>   | <br><b>12</b><br><b>Beef</b>  |
| <p><b>Description:</b><br/>Avocados have a markedly higher fat content than most other fruit, mostly monounsaturated fat (the “good kind”), and is very popular in vegetarian cuisine, as replacement for meats and cheeses. The fruit is not sweet, but rich, and distinctly yet subtly flavored, and it is of smooth, almost creamy texture. It is used in both savory and sweet dishes.</p> | <p><b>Description:</b><br/>Bananas are excellent sources of vitamin B6, soluble fiber, and contain moderate amounts of vitamin C, manganese and potassium. Along with other fruits and vegetables, consumption of bananas may be associated with a reduced risk of various types of cancers and other health issues.</p> | <p><b>Description:</b><br/>Beef is the third most widely consumed meat in the world, accounting for about 25% of meat production worldwide. With a wide variety of cuts, beef can be prepared in numerous ways, including smoked, grilled, and baked.</p>   |
| <p><b>Why It Works:</b><br/>1 avocado (201 g) has 975 mg of potassium, 19.7 g of monounsaturated fat, and 13.5 g of fiber.</p>   | <p><b>Why It Works:</b><br/>1 medium banana contains 422 mg of potassium and 31.9 mg of magnesium.</p>   | <p><b>Why It Works:</b><br/>Beef is an excellent source of complete protein and minerals such as zinc, selenium, phosphorus and iron, and B vitamins. Red meat is the most significant dietary source of carnitine and, like any other meat (pork, fish, veal, lamb etc.), is a source of creatine. Beef also contains nitrates, which studies indicate as being beneficial to lowering blood pressure.</p> |

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## Beets

### Description:

The beet is a root vegetable, most commonly deep red-purple in color but come in a wide variety of other shades. Beets are rich in potent antioxidants and nutrients, including magnesium, sodium, potassium, vitamin C, and betaine. Beets have a sweet taste, and can be eaten raw, or cooked. They're also good juiced. And if you decide to juice them, be sure to keep the greens- they're a great source of potassium, magnesium, and calcium, too!

### Why It Works:

Research has shown that drinking 500 ml of beetroot juice led to a reduction in blood pressure within one hour. The reduction was more pronounced after three to four hours, and was measurable up to 24 hours after drinking the juice. The effect is attributed to the high nitrate content of the beetroot.



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## Blackberries

### Description:

Blackberries, not to be confused with black raspberries, rank highly among fruits for antioxidant strength, particularly due to their dense contents of polyphenolic compounds, such as ellagic acid, tannins, ellagitannins, quercetin, gallic acid, anthocyanins and cyanidins. Due to the high antioxidant strength found in blackberries, this fruit has been placed at the top of more than 1000 antioxidant foods consumed in the United States.

### Why It Works:

Blackberries are notable for their high nutritional contents of dietary fiber, vitamin C, vitamin K, folic acid (a B vitamin), and the essential mineral manganese. 1 cup of raw blackberries contains 135 mg of omega-3 fatty acids, 28.8 mg of magnesium, 233 mg potassium, and 1.4 mg of sodium.



15

## Blueberries

### Description:

Blueberries, indigo in color, have a diverse range of micronutrients, with moderate levels of the essential dietary mineral manganese, vitamin C, vitamin K, and dietary fiber. One serving provides a relatively low glycemic load score of 4 out of 100 per day. A 1 cup serving of raw blueberries contains 85.8 mg of omega-3 fatty acids.

### Why It Works:

Blueberries contain anthocyanins, other pigments and various phytochemicals, which are under preliminary research for their potential role in reducing risks of diseases such as inflammation and cancer. Similar to red grapes, blueberries may contain resveratrol. In preliminary research, consumption of blueberries may be associated with increased production of vascular nitric oxide that influences blood pressure regulation.



# 99 Foods That Naturally Lower Blood Pressure



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## Bok Choy

### Description:

Also known as Chinese cabbage, bok choy has smooth, dark green leaf blades forming a cluster reminiscent of mustard or celery.

### Why It Works:

Bok choy is high in vitamins A and C. 1 cup of shredded bok choy contains 176 mg of potassium and 73.5 mg of calcium. Bok choy also contains sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.



17

## Brazil Nuts

### Description:

Nutritionally, Brazil nuts are a good source of some vitamins and minerals. They contain vitamin B1 (thiamin) and vitamin E, as well as minerals calcium, magnesium, phosphorus, copper, and manganese.

### Why It Works:

Brazil nuts are perhaps the richest dietary source of selenium 1 oz. of dried, unblanched brazil nuts contains 537 mcg of selenium, and 184 mg of potassium.



18

## Broccoli

### Description:

Broccoli is a plant in the cabbage family, whose large flower head is used in vegetable dishes. Broccoli is high in vitamin C, as well as dietary fiber.

### Why It Works:

Broccoli is high in carotenoids (lutein and beta-carotene) which act as antioxidants. 1 cup of chopped broccoli contains 288 mg of potassium and 57.3 mcg of folate. Like bok choy, it also provides the benefits of sulforaphane.

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## Broccoli Raab

### Description:

Broccoli Raab, also known as rapini, is a member of the mustard family, and is in the same subspecies as the turnip. Rapini has many spiked leaves that surround clusters of green buds resembling small heads of broccoli. Small, edible yellow flowers may be blooming among the buds. The flavor of rapini has been described as nutty, bitter, and pungent.

### Why It Works:

Rapini is a source of vitamins A, C, and K, as well as potassium, calcium, and iron, as well as sulforaphane.



20

## Brussels Sprouts

### Description:

These leafy green vegetables are typically less than an inch in diameter and look like miniature cabbages.

### Why It Works:

Brussels sprouts are high in Vitamins C and K, and also contain sulforaphane. Although boiling reduces the level of the anticancer compounds, steaming and stir frying do not result in significant loss.



21

## Cabbage

### Description:

In addition to bok choy, cabbage varieties include red, green, and Savoy, and belongs to the family of cruciferous vegetables. Red cabbage, in comparison to green, contains significantly more phytonutrients. Cabbages are prepared in many different ways for eating, although pickling, in dishes such as sauerkraut, is the most popular. Cabbage is a good source of beta-carotene, vitamins C and K, as well as fiber.

### Why It Works:

In addition to providing the benefits of sulforaphane, 1 cup of cooked red cabbage contains 393 mg of potassium, 25.5 mg of magnesium, and 63.00 mg of calcium.



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## Cantaloupe

### Description:

Cantaloupe is the most popular variety of melon in the United States. Cantaloupe is normally eaten as a fresh fruit or as part of a salad.

### Why It Works:

1 cup of cantaloupe cubes contains 427 mg potassium and 73.6 mg omega-3 fatty acids.



23

## Carrots

### Description:

The carrot is a root vegetable, usually orange in color, though purple, red, white, and yellow varieties exist. It has a crisp texture when fresh. Carrots can be eaten in a variety of ways, including raw, steamed, stir-fried, baked, and even pureed as a beverage.

### Why It Works:

The carrot gets its characteristic bright orange color from beta-carotene, which is partly metabolized into vitamin A, and is also rich in dietary fiber, antioxidants, and minerals. 1 cup of chopped, raw carrots contains 410 mg of potassium, 88.3 mg of sodium, 15.4 mg of magnesium, and 42.2 mg of calcium.



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## Cashews

### Description:

Cashews and cashew butters offer a healthy substitute to peanut butter. Raw, organic, unsalted cashews are often readily available packaged, and in bulk bins, at most natural food retailers, while raw, unsalted cashew butter can be found in the refrigerator section. Both make an excellent snack as well as an addition to salads, sauces, and many other types of recipes.

### Why It Works:

Cashews are a great source of fiber as well as good monounsaturated fats. As a good source of zinc and magnesium, cashews can also help improve the health of blood vessels. 1 oz. of raw, unsalted cashews contains 83 mg of magnesium and 3 mg of sodium.

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## Cauliflower

### Description:

Cauliflower can be roasted, boiled, steamed, or eaten raw. Low carbohydrate dieters can use cauliflower as a reasonable substitute for potatoes, because they can produce a similar texture but lack the starch of potatoes.

### Why It Works:

Cauliflower is an excellent source of vitamin C. Just 1 cup of raw cauliflower provides 77% of the daily recommended value of vitamin C, and provides 303 mg of potassium. Like broccoli, it also provides the benefits of sulforaphane.



26

## Cayenne Pepper

### Description:

Cayenne is used in cooking spicy dishes, as a powder, or in its whole form (such as in Korean, Szechuan, and other Asian cuisine), or in a thin, vinegar-based sauce. It is also used as an herbal supplement.

### Why It Works:

Cayenne pepper is an excellent source of vitamin E, and is relatively high in vitamins A, B6 and K, and is also a good source of potassium. Just 2 tsp of dried chili peppers contains 105 mg of potassium.



27

## Celery




### Description:

Celery is a crunchy vegetable that can be eaten raw or cooked. Both the stalk and the leaves make a great addition to any salad, savory or sweet, as well as healthy soup, stew, and stir-fry recipes. Additionally celery seeds can be used as flavoring or spice, either as whole seeds or ground.

### Why It Works:

An excellent source of vitamin K, 1 cup of raw, chopped celery also contains 40.4 mg of calcium, 11.1 mg of magnesium, 80.8 mg of sodium, and 263 mg of potassium. 1 Tbsp. of celery seed contains 0.5 mg of manganese (25% daily value), as well as 115 mg of calcium. Studies indicate that butylphthalide, a compound found in celery seed may be useful for the treatment of hypertension.

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| <br><b>28</b>  | <br><b>29</b>   | <br><b>30</b>   |
| <b>Chicken Breast</b>   | <b>Chili Peppers</b>   | <b>Chinese Broccoli</b>   |
| <b>Description:</b><br>Chicken, a type of poultry meat, is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat can be cooked in many different ways. Chicken is a great source of protein. Dark meat offers more iron and zinc than light meat, which has a greater amount of magnesium. Either way, the differences are small, so you can't go wrong. | <b>Description:</b><br>Chili peppers originated in the Americas, and have spread across the world, used in both food and medicine. The substances that give chili peppers their intensity when ingested, and several related chemicals, are collectively referred to as capsaicinoids. Capsaicin is the primary ingredient in the pepper spray used as an irritant weapon.                                   | <b>Description:</b><br>Chinese broccoli, also known as gai lan, or Chinese kale, is a leaf vegetable featuring thick, flat, glossy blue-green leaves with thick stems and a small number of tiny, almost vestigial flower heads, similar to those of broccoli. Its flavor is very similar to that of broccoli, but slightly more bitter, and noticeably stronger. |
| <b>Why It Works:</b><br>1 cup of chopped, roasted chicken breast also contains 358 mg of potassium, 319 mg of phosphorus, 98 mg of omega-3 fatty acids.   | <b>Why It Works:</b><br>Red chili peppers contain a large amount of vitamin C and small amounts of carotene (provitamin A). Yellow, and especially green chilis (which are essentially unripe fruit), contain a considerably lower amount of both substances. In addition, peppers are a good source of most B vitamins, and vitamin B6 in particular. They are very high in potassium, magnesium, and iron. | <b>Why It Works:</b><br>In addition to providing the benefits of sulforaphane, Chinese broccoli is a very good source of calcium, magnesium, and potassium, and is also low in sodium.  |

# 99 Foods That Naturally Lower Blood Pressure



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## Clams

### Description:

Clams can be eaten raw, steamed, boiled, or baked. Popular in dishes such as clam chowder, clams can also be a healthy addition to a salad.

### Why It Works:

Clams are very high in vitamin B12 and iron. They are also high in potassium, low in sodium, and are a great source of omega-3 fatty acids, as well.



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## Coconut Water

### Description:

Different than coconut milk, coconut water is clear. It is a great source of dietary fiber, proteins, antioxidants, vitamins, and minerals.

### Why It Works:

1 cup of shredded raw coconut contains 285 mg of potassium compared to 1 cup of canned coconut milk which contains 497 mg of potassium. However coconut water is significantly higher in comparison, with one cup containing 600 mg of potassium.



33

## Cod

### Description:

Cod is a popular fish, known for its mild flavor and dense, flaky white flesh. Cod livers are processed to make cod liver oil, an important source of vitamin A, vitamin D, vitamin E and omega-3 fatty acids (EPA and DHA).

### Why It Works:

1 piece of Atlantic cod contains 439 mg of potassium, 67.7 mcg of selenium and 310 mg of omega-3 fatty acids.



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## Collard Greens

### Description:

The plant is commercially cultivated for its thick, slightly bitter, edible leaves. Widely considered to be a healthy food, collards are good sources of vitamins C and K, as well as soluble fiber.

### Why It Works:

1 cup chopped collards contains 60.8 mg of potassium and 52.2 mg of calcium. Collards also contain sulforaphane, a chemical believed to have potent anticancer properties and may protect the heart from vascular inflammation and atherosclerosis.



35

## Dill

### Description:

Fresh and dried dill leaves (sometimes called “dill weed” to distinguish it from dill seed) are used as herbs. Dill is an herb most often added to fish.

### Why It Works:

1 Tbsp of dried dill weed contains 53.5 mg of calcium, and is a good low-sodium option for seasoning fish, salads, soups and vegetables.



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## Dried Figs

### Description:

Dried figs are richest in fiber, copper, manganese, magnesium, potassium, calcium, and vitamin K, and they are also a good source of flavonoids and polyphenols.

### Why It Works:

A 1 oz. serving of dried figs contains 190 mg of potassium.






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| <br><b>37</b>  | <br><b>38</b>  | <br><b>39</b>  |
| <b>Dried Savory</b>   | <b>Edamame</b>  | <b>Flax Seeds</b>  |
| <b>Description:</b><br>Savory, related to rosemary and thyme, is an herb used to flavor food.   | <b>Description:</b><br>You may have seen soy beans served at your favorite Asian restaurant in the form of edamame – which are soy beans, steamed and lightly salted. They are an excellent source of protein, and offer a filling, healthy alternative to other appetizers you might be tempted to try.            | <b>Description:</b><br>Flax seeds are available in two forms; whole or ground. Health experts suggest that ground flaxseed is more easily digestible, therefore allowing your body to get the most benefits. To get the most out of your ground flaxseed, whole flaxseed can be purchased, and then ground, using a small coffee or spice grinder. |
| <b>Why It Works:</b><br>1 tbsp. of ground savory contains 90.6 mg of calcium and 1.6 mg of iron. Savory contains no sodium, so it is a great option for adding flavor to foods and dressings without making them too salty. | <b>Why It Works:</b><br>1 cup of soy beans (which is about what you get if you get an order of edamame) contains an amazing 130% of your daily-recommended value of magnesium, 95% of your potassium, and 51% of your calcium. Not only that, but there is virtually no sodium besides what is added for seasoning. | <b>Why It Works:</b><br>Flax seeds are high in fiber and omega-3 fatty acids, and they are also a good source of vitamin B1. They contain phytochemicals, called lignans, which act as an antioxidant in killing off the harmful free radicals that can cause various diseases.  |

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| <br><b>40</b><br><b>Garlic</b><br><b>Description:</b><br>Well-researched for its power to lower blood pressure, garlic is a wonderful herb that can be added to almost any meal – raw and cooked – for a bold punch of flavor. One clove of garlic per day seems to be enough from what the research has found.<br><b>Why It Works:</b><br>Though it is really the allicin released into your blood that has the most blood pressure lowering effect, garlic is also a good source of dietary calcium. | <br><b>41</b><br><b>Grapes</b><br><b>Description:</b><br>Grapes are a type of fruit that grow in clusters of 15 to 300, and can be crimson, black, dark blue, yellow, green, orange and pink. Grape seed extract (GSE) is made from the seeds of red grapes. Red grapes (including the juice, skin, and seeds), and GSE, are both excellent sources of powerful antioxidants and flavonoids.<br><b>Why It Works:</b><br>1 cup of red or green seedless grapes contains 288 mg potassium, as well as flavonoids (quercetin and OPCs), which are a group of phytochemicals present in most plant products, that are responsible for health effects such as anti-oxidative and anti-carcinogenic functions. The flavonoid proanthocyanidin, found in GSE and in whole red grapes, has been shown to relax the arteries and improve blood flow. | <br><b>42</b><br><b>Green (Snap) Beans</b><br><b>Description:</b><br>Green beans, also called “snap beans” or “squeaky beans,” are often steamed, boiled, or stir-fried.<br><b>Why It Works:</b><br>Green beans contain the flavonol miquelianin (Quercetin 3-O-glucuronide), which shows an antioxidant effect, and they are also a great source of Vitamins C and K. 1 cup of raw snap green beans also contains 230 mg of potassium. |
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# 99 Foods That Naturally Lower Blood Pressure



**43**  
**Green Tea**

**Description:**

Over the last few decades green tea has been subjected to many scientific and medical studies to determine the extent of its long-purported health benefits, with some evidence suggesting that regular green tea drinkers may have a lower risk of developing certain types of diseases and cancers. Surveys indicate that the mean content of flavonoids in a cup of green tea is higher than that in the same volume of other food and drink items that are traditionally considered of health contributing nature, including fresh fruits, vegetable juices, or wine.

**Why It Works:**

In addition to minerals, such as potassium and calcium, catechins, theanine, saponins, and GABA are among the components of green tea that have been shown to lower blood pressure.



**44**  
**Halibut**

**Description:**

Halibut is a fish that is often broiled, deep-fried, or grilled, while fresh. Smoking is more difficult with halibut meat than it is with salmon due to its ultra-low fat content. Eaten fresh, the meat has a clean taste and requires little seasoning. Halibut is noted for its dense and firm texture.

**Why It Works:**

Halibut is an excellent source of niacin, vitamins B6 and B12, as well as many essential minerals and omega-3 fatty acids. Half of a fillet (159 g) contains 916 mg of potassium, 170 mg of magnesium, 74.4 mcg of selenium, and 1064 mg of omega-3 fatty acids.



**45**  
**Hawthorn Berries**

**Description:**

Chinese Hawthorn berries are tart and bright red. Active ingredients found in hawthorn include tannins, flavonoids (quercetin and oligomeric proanthocyanidins (OPCs).

**Why It Works:**

It has also been claimed that the quercetin in Hawthorn berries reduces blood pressure in hypertensive and obese subjects in whom LDL cholesterol levels were also reduced.



# 99 Foods That Naturally Lower Blood Pressure



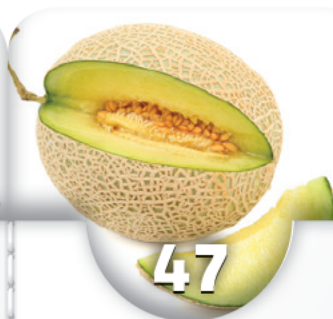
**Hibiscus Tea**

**Description:**

Hibiscus tea is a tisane or “herbal tea”, which has a tart, cranberry-like flavor. It contains vitamin C and minerals, and is used traditionally as a mild medicine. A study published in the Journal of Human Hypertension has shown that drinking hibiscus tea can reduce high blood pressure in people with type 2 diabetes.

**Why It Works:**

A study published in the Journal of Human Hypertension has shown that drinking hibiscus tea can reduce high blood pressure in people with type 2 diabetes. They attributed the blood pressure reducing effect of hibiscus to its diuretic effect and its ability to inhibit the angiotensin-converting enzyme through the presence of anthocyanins.



**Honeydew Melon**

**Description:**

Honeydew’s thick, juicy, sweet flesh is often eaten for dessert, and is commonly found in supermarkets across the world. Quality is also determined by the honeydew having a nearly spherical shape with a waxy surface, free of scars or defects, and should feel heavy for its size.

**Why It Works:**

1 cup of diced honeydew melon contains 388 mg of potassium.



**Kale (raw)**

**Description:**

Kale, or borecole, is a form of cabbage, with green or purple leaves. Among the top 10 on the list of the healthiest foods in the world, kale has a long list of benefits. Providing the least amount of calories with the greatest amount of vitamins, minerals, and other valuable nutrients are just a couple of its many advantages.

**Why It Works:**

Kale is very high in beta-carotene, vitamin K, vitamin C, and rich in calcium. Kale is a source of two carotenoids, lutein and zeaxanthin, as well as sulforaphane. Preliminary experiments indicate sulforaphane may protect the heart from vascular inflammation and atherosclerosis.

# 99 Foods That Naturally Lower Blood Pressure



49

## Kiwifruit

### Description:

The kiwifruit, often shortened to kiwi, has a fibrous, dull greenish-brown skin and bright green or golden flesh with rows of tiny, black, edible seeds. The fruit has a soft texture and a sweet but unique flavor. Kiwifruit is a rich source of vitamin C, vitamin K, and is a good source of dietary fiber and vitamin E.

### Why It Works:

The fruit and skin contain flavonoids, which work as antioxidants. 1 medium size kiwi (76 g) (without flesh) contains 237 mg of potassium.



50

## Kohlrabi

### Description:

Kohlrabi (German turnip), a member of the cabbage family, can be eaten raw as well as cooked. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet.

### Why It Works:

An excellent source of vitamin C, 1 cup of raw kohlrabi also contains 473 mg of potassium. As with other members of the cabbage family, kohlrabi also contains sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.



51

## Lemon Water

### Description:

Many suggest that drinking a cup of warm water with the juice of half a lemon (with no added sugar) will improve blood pressure levels, and promote relaxation by reducing feelings of stress. This citrus fruit also helps curb cravings, and it can also boost your immunity.

### Why It Works:

Lemons are rich in a number of vitamins, including Vitamin C, as well as potassium, which work together to naturally reduce blood pressure. By strengthening capillaries, in addition to its calming-abilities, lemon water can help reduce the effects of stress which is often associated with increased risk for high blood pressure, obesity, diabetes, and other serious diseases.



# 99 Foods That Naturally Lower Blood Pressure



52

## Mango

### Description:

Mango contains a variety of phytochemicals and nutrients. The fruit pulp is high in prebiotic dietary fiber, vitamin C, diverse polyphenols and pro-vitamin A carotenoids, vitamin B6 (pyridoxine), folate, other B vitamins, and essential nutrients.

### Why It Works:

1 cup of sliced mango contains 257 mg of potassium and 63.1 mg of omega-3 fatty acids.



53

## Mint

### Description:

Mint is an herb that has been used for centuries for both medicinal and culinary purposes. Included among a wide variety of this pungent herb are peppermint and spearmint. Spearmint has rounded leaves and is noticeably more mild in flavor than peppermint. Both can be used interchangeably in a variety of recipes, whether savory or sweet.

### Why It Works:

Herbs such as mint contain phytochemicals which have biological significance as an antioxidant. Additionally, mint is a great tasting source of minerals. When it comes to magnesium, dried spearmint is a good choice, with 41 mg per tablespoon. The lowest in sodium is fresh peppermint, with just 1.2 mg per tablespoon. But the clear winner when it comes to potassium and calcium is fresh spearmint.



54

## Mushroom

### Description:

Mushrooms are a low-calorie food usually eaten cooked or raw and as garnish to a meal. The most common types of mushrooms include shiitake, portobello, and crimini. Some studies have shown that mushrooms have special properties that can aid in lowering the risk of blood flow problems and inflammation, as well as boosting immunity.

### Why It Works:

Dietary mushrooms are a good source of B vitamins, such as riboflavin, niacin and pantothenic acid, and the essential minerals, selenium, copper, and potassium. 1 cup of raw white mushrooms contains 223 mg of potassium.

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# 99 Foods That Naturally Lower Blood Pressure



55

## Mustard Greens

### Description:

The leaves, the seeds, and the stem of this mustard variety are edible. Mustard has been used for centuries as an herbal remedy, and is still known to be effective for a variety of conditions.

### Why It Works:

Mustard products are an excellent source of a long list of valuable nutrients including phosphorus, calcium, potassium, omega-3 fatty acids, niacin, and manganese. Also rich in magnesium and selenium, mustard seed has been shown to play a role in increasing metabolism and lowering blood pressure.



56

## Nectarine

### Description:

Peaches and nectarines are the same species, even though they are regarded commercially as different fruits. Nectarines have smooth skin, while peaches have fuzzy skin.

### Why It Works:

In comparison, nectarines have a small amount more of vitamin C, provide double the vitamin A, and are a slightly richer source of potassium than peaches.



57

## Okra

### Description:

Popular in dishes such as gumbo, okra can also be stir-fried to minimize the slimy characteristics of the seeds pods.

### Why It Works:

Okra is a popular health food due to its high fiber, vitamin C, and folate content. Okra is also known for being high in antioxidants, and is a good source of calcium and potassium.

# 99 Foods That Naturally Lower Blood Pressure



58

## Oolong Tea

### Description:

Oolong tea, traditional in China, is processed more uniquely compared to other teas, such as black and green tea. Being partially fermented, oolong tea is processed by wilting in the sun, directly after being picked. The taste ranges among varieties. Oolong tea should be prepared with hot, but not boiling water, and steeped ~3-10 minutes. Oolong tea is different than other teas in that it improves when re-brewing, 3-5 times when using high quality leaves.

### Why It Works:

Generally, oolong tea contains less caffeine than black tea. It also contains an array of antioxidants, one of which being catechins. Research indicates that regular oolong tea drinkers greatly reduce their risk of developing high blood pressure. This tea also contains vital minerals such as calcium, potassium, and selenium, as well as vitamins A, B, C, E, and K.



59

## Orange

### Description:

Oranges, whose flavor can vary from sweet to sour, are commonly peeled and eaten fresh or squeezed for juice. Orange juice is known to be a great source of Vitamin C, but it also supplies potassium, thiamin, and folate, as well. Some producers also include other nutrients such as additional vitamin C, to replace that which is destroyed in pasteurization. Additional calcium, omega-3, and Vitamin D (not found naturally in oranges) may also be added. Citrus juices contain flavonoids (especially in the pulp), that may have health benefits. Orange juice is also a source of the antioxidant hesperidin.

### Why It Works:

Oranges are an excellent source of vitamin C, dietary fiber, calcium, and potassium. 1 orange (151 g) contains 64.9 mg of calcium, and 255 mg of potassium. A 1-cup serving of orange juice contains 496 mg of potassium.



60

## Oregano

### Description:

Oregano is an important culinary herb, used for the flavor of its leaves, which can be more flavorful when dried than fresh. It has an aromatic, warm, and slightly bitter taste, which can vary in intensity.

### Why It Works:

Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids.



# 99 Foods That Naturally Lower Blood Pressure



61

## Papaya

### Description:

On the outside, papayas are orange in color, with hints of yellow or pink. This sweet, soft-textured fruit contains black edible seeds. Papaya fruit is a rich source of nutrients such as provitamin A carotenoids, vitamins B and C, lycopene, minerals and dietary fiber.

### Why It Works:

Papaya skin, pulp, and seeds contain a variety of phytochemicals, including natural phenols, and flavonoids, the antioxidants which may provide protection against heart disease. 1 cup of cubed papaya contains 360 mg of potassium and 53.2 mcg of folate.



62

## Parsnips

### Description:

The parsnip is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler in color than most, and they have a sweeter taste, especially when cooked. While parsnips can be eaten raw, they are more commonly served cooked. They can be boiled or roasted, and they can be used in stews and soups.

### Why It Works:

The parsnip is richer in vitamins and minerals than its close relative, the carrot. It is particularly rich in potassium with 600 mg per 100 g. The parsnip is also a good source of dietary fiber.



63

## Pears

### Description:

Among the many types of pears, anjou, bartlett, and bosc varieties are the most common. Anjou (both red and green) are soft, juicy, and sweet. In comparison, bartletts (both red and green) are even more soft, juicy, and sweet, while bosc pears are quite crisp with less sweetness.

### Why It Works:

Pears are a good source of dietary fiber and vitamin C, most of which is contained within the skin of the fruit. 1 medium-sized pear (178 g) contains 212 mg of potassium.



# 99 Foods That Naturally Lower Blood Pressure



64

## Peas

### Description:

Give peas a chance... you'll be glad you did. You can find peas in a wide variety of forms at your grocery store – from fresh, frozen, dried or canned. It is recommended that you go for frozen peas if you can't find them fresh. Not only do they taste better than canned peas, but you'll also avoid the unhealthy amounts of sodium that canned foods contain.

### Why They Work:

Peas have a whopping 354 mg of potassium per serving, and are a good source of magnesium, as well.



65

## Pistachios

### Description:

The kernels are often eaten whole, either fresh or roasted, and salted. They are also used in pistachio butter and pistachio paste.

### Why It Works:

1 oz. of raw pistachio nuts contains 138 mg of phosphorus and 290 mg of potassium.



66

## Plantains

### Description:

Plantains can be used for cooking at any stage of ripeness, and a very ripe plantain can be eaten raw. Just like bananas, as the plantain ripens, it becomes sweeter, and its color changes from green, to yellow, to black, and it is believed to be easier to digest than bananas.

### Why It Works:

1 medium-sized (179 g) plantain contains 66.2 mg of magnesium and 893 mg of potassium.

# 99 Foods That Naturally Lower Blood Pressure



67

## Pomegranate

### Description:

Pomegranate is a very strange fruit, in that it is actually the seeds you eat – not the flesh. The seeds are surrounded by a juicy coat, which tastes similar to a cranberry. You can either eat the seed whole or spit it out. Pomegranate seeds can also be pressed for their juice.

### Why It Works:

Pomegranate is a powerhouse of nutrients including 205 mg of potassium and 8 mg of magnesium per serving.



68

## Pork

### Description:

Pork may be cooked from fresh meat or cured over time. Cured meat products include ham and bacon. The USDA treats pork as a red meat.

### Why It Works:

Pork is very high in thiamin (vitamin B1). Pork, with its fat trimmed, is leaner than the meat of most domesticated animals. 1 piece (252 g) of pork loin contains 887 mg of potassium.



69

## Prunes

### Description:

Prunes (a variety of fresh or dried plum), and their juice, contain mild laxative compounds. Prunes are a great source of dietary fiber and vitamin K, and an excellent source of minerals. Prune juice is also a good source of dietary fiber, vitamin B6, and is high in antioxidants.

### Why It Works:

1 cup of canned prune juice contains 707 mg of potassium. And 1 cup of pitted prunes contains 73.1 mg of magnesium and a whopping 1274 mg of potassium!

# 99 Foods That Naturally Lower Blood Pressure



70

## Pumpkin Seeds

### Description:

Pumpkin seeds, also known as “pepitas”, may help reduce blood pressure, lower cholesterol, improve your mood, and help with weight loss. Because they are rich in a wide variety of essential nutrients such as zinc, copper, magnesium, calcium, omega-3, vitamin K and potassium, pumpkin seeds are one of the world’s healthiest foods.

### Why It Works:

Pumpkin seeds are rich in zinc, which helps keep your arteries in good shape. They also contain L-arginine (the producer of nitric oxide) which helps to relax blood vessels. With beneficial antioxidant properties, in addition to high levels of tryptophan (the “sleep hormone”), pumpkin seeds can help reduce blood pressure, relieve stress, and promote relaxation.



71

## Quinoa

### Description:

Quinoa (pronounced Keen-Wah) is a South American seed, commonly referred to as “the mother of all grains.” This high-protein, high-fiber plant can be used in place of rice to offer a bit of variety and chew profile to your meals.

### Why It Works:

A cup of quinoa contains about 120 mg of magnesium, which is roughly 30% of your daily value.



72

## Radish

### Description:

The bulb of the radish is usually eaten raw and in salads, although tougher specimens can be steamed. The raw flesh has a crisp texture and a pungent, peppery flavor.

### Why It Works:

Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. Radishes also contain sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.

# 99 Foods That Naturally Lower Blood Pressure



73

## Raisins

### Description:

A raisin is a dried grape. Raisin varieties depend on the types of grape used and are made in a variety of sizes and colors including green, black, blue, purple, and yellow. 3.5 oz. of raisins contains 825 mg of potassium.

### Why It Works:

New data suggests that, among individuals with mild increases in blood pressure, the routine consumption of raisins (three times a day) may significantly lower blood pressure, especially when compared to eating other common snacks.



74

## Raspberries

### Description:

Raspberries are a rich source of vitamin C, manganese, dietary fiber, B vitamins 1–3, folic acid, magnesium, copper, and iron. 1 cup of raw raspberries also contains 186 mg of potassium, and 155 mg of omega-3 fatty acids.

### Why It Works:

Raspberries contain anthocyanin pigments, ellagic acid, quercetin, gallic acid, cyanidins, pelargonidins, catechins, kaempferol and salicylic acid. Some studies have found a positive association between the consumption of foods containing these flavonoids and a reduced risk of developing several disorders such as cancer and cardiovascular diseases. Researchers indicate that flavonoids have antioxidant, anti-inflammatory and antidiabetic properties, among others.



75

## Red Cabbage

### Description:

Red cabbage, known for its dark red/purple leaves, is served in a variety of dishes, and commonly used as an ingredient in leafy green salads.

### Why It Works:

Red cabbage is high in vitamins C and K. It is a good source of essential minerals and contains the flavonoid anthocyanin. Red cabbage also contains sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.



# 99 Foods That Naturally Lower Blood Pressure



76

## Romaine Lettuce

### Description:

Forget those heads of iceberg lettuce that contain very little nutritional value, and start eating romaine. Romaine lettuce has a richer taste and meatier texture than the alternative, and it is packed with vitamins and minerals. Not only is it great for salads, but it is a much sturdier leaf to use for lettuce wraps.

### Why It Works:

Romaine lettuce is a good source of potassium with 210 mg per serving.



77

## Rutabaga

### Description:

The rutabaga is a root vegetable that originated as a cross between the cabbage and the turnip. The roots are prepared for food in a variety of ways, and its leaves can also be eaten as a leaf vegetable in salads.

### Why It Works:

Rutabaga contains significant amounts of vitamin C and is a good source of potassium. 1 cup of cubed, cooked rutabaga contains 554 mg of potassium.



78

## Sardines

### Description:

Sardines are rich in vitamins and minerals. A small serving of sardines once a day can provide 13 percent of vitamin B2; roughly one-quarter of niacin, and about 150 percent of the recommended daily value of vitamin B12.

### Why It Works:

Sardines are high in the major minerals. 1 (3.75 oz.) can of Atlantic sardines (canned in oil, drained) contains 451 mg of phosphorus, 351 mg of calcium, 365 mg of potassium, 2.75 mg of iron, 48.5 mcg of selenium. Sardines are also a great source of fatty acids; 1 can contains 1362 mg of omega-3 fatty acids, which reduce the occurrence of cardiovascular disease.

# 99 Foods That Naturally Lower Blood Pressure



79

## Sesame Seeds

### Description:

Sesame has one of the highest oil contents of any seed. With a rich nutty flavor, it is a common ingredient in cuisines around the world.

### Why It Works:

Sesame seeds are rich in protein and contain a high amount of the antioxidant phytic acid. 1 oz. of toasted sesame seeds contain 277 mg of calcium, 99.7 mg of magnesium, and 133 mg of potassium.



80

## Spinach

### Description:

Spinach, a dark green leafy vegetable, has a high nutritional value and is extremely rich in antioxidants, especially when fresh, lightly, steamed, or quickly boiled.

### Why It Works:

Spinach is a rich source of vitamin A (and especially high in lutein), vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, betaine, iron, vitamin B2, calcium, potassium, vitamin B6, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. Nitrates from dietary sources like beets and leafy green vegetables are converted to nitric oxide within the body, which relaxes and dilates blood vessels, helping to improve blood flow and lower blood pressure.



81

## Squash Seeds




### Description:

Squash seeds, a highly nutritious food source, can be consumed in a variety of ways and safely stored for long periods of time. There are a variety of squash, which include winter, acorn and butternut, among others, each offering many health benefits, including reducing blood pressure. Both the squash and seeds can be consumed as part of a healthy meal or as a natural snack.

### Why It Works:

Just 10 g of unsalted, roasted squash seeds contains 262 mg of magnesium, 18 mg of sodium, 919 mg of potassium, and 10.3 mg of zinc, each playing a role in improving the functioning of blood vessels and blood flow to maintain healthy blood pressure levels.

# 99 Foods That Naturally Lower Blood Pressure

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| <br><b>82</b><br><b>Strawberries</b><br><b>Description:</b><br>Strawberries are a very good source of dietary fiber, vitamin C, and manganese. Strawberries contain the flavonol fisetin, which belongs to the flavonoid group of polyphenols.<br><br><b>Why It Works:</b><br>Possible anti-aging, anti-inflammatory, anti-cancer, and anti-viral properties of fisetin are under active scientific investigation. In addition to antioxidants, strawberries are a great source of potassium. 1 cup of sliced strawberries contains 254 mg of potassium. | <br><b>83</b><br><b>Sunflower Seeds</b><br><b>Description:</b><br>A long-time favorite on the baseball field, sunflower seeds make for a terrific snack or salad topping. With a soft texture and almost buttery flavor, these seeds are sure to be a delicious and nutritious addition to your diet.<br><br><b>Why It Works:</b><br>Sunflower seeds are known to be an excellent source of potassium and magnesium, but they are also a good way to get vitamin B-6 in your diet. | <br><b>84</b><br><b>Sweet Potatoes</b><br><b>Description:</b><br>Sweet potatoes rank highest in nutritional values compared to other vegetables. They are rich in complex carbohydrates, dietary fiber, beta-carotene (a pro-vitamin A carotenoid), vitamin C, vitamin B6, manganese, and potassium.<br><br><b>Why It Works:</b><br>An average size sweet potato (with skin) contains 542 mg potassium, or 950 mg per 8 oz. serving. |
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# 99 Foods That Naturally Lower Blood Pressure



85

## Swiss Chard

### Description:

Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked or sautéed; their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach.

### Why It Works:

Swiss chard is high in vitamins A, K, and C. It is also rich in minerals, dietary fiber and protein. 1 cup of chopped, boiled Swiss chard contains 150 mg of magnesium, 961 mg of potassium, and 313 mg of sodium.



86

## Swordfish

### Description:

Swordfish are classified as an oily fish. Swordfish is a particularly popular fish for outdoor cooking, usually sold as steaks, which are often grilled. Swordfish meat is relatively firm, and can be cooked in ways more fragile types of fish cannot (such as on skewers and over a grill.)

### Why It Works:

Swordfish is an excellent source of niacin, vitamins B-6 and B-12, as well as phosphorus and selenium. 1 piece (106 g) of cooked swordfish contains 1120 mg of omega-3 fatty acids and 391 mg of potassium.



87

## Thyme

### Description:

Thyme is one of several species of culinary and medicinal herbs. Thyme is sold both fresh and dried.

### Why It Works:

Dried thyme is a great source of vitamin K, and dietary fiber. With less than 1 mg of sodium, dried thyme is a wonderfully flavorful substitute for salty seasonings.



# 99 Foods That Naturally Lower Blood Pressure



88

## Tomatoes

### Description:

Tomatoes, which come in an array of varieties and colors, is an extraordinarily versatile ingredient used in salads, sauces, dressings, soups, and beverages.

But when it comes to tomato sauce, it is always best to make your own, as store bought versions are often processed and packed with high levels of sugar and sodium.

Tomatoes contain the carotene lycopene, one of the most powerful natural antioxidants, in addition to vitamin C and beta-carotene.

### Why It Works:

No matter what form of tomato you choose, you can't go wrong when it comes to nutrients. For example, a 3.5 oz. serving of raw, red tomato contains 237 mg of potassium. 1 cup of canned tomato juice contains 556 mg of potassium, and 1 cup of of sun-dried tomatoes contains 1851 mg of potassium and 105 mg of magnesium.



89

## Trout

### Description:

As a group, trout are somewhat bony, but the flesh is generally considered to be tasty.

### Why It Works:

Trout, also considered an oily fish, is a great source of protein, vitamin B12 and manganese. Trout is low in sodium, and rich in essential minerals such as phosphorus and selenium. 1 (3 oz) fillet also contains 381 mg of potassium.



90

## Tuna

### Description:

Tuna is a saltwater fish, related to the mackerel family. This fish can be eaten in its natural form, grilled or baked. In the U.S., only Albacore ("white meat tuna") is available in cans, packed in oil, or water.

### Why It Works:

Tuna is a great source of omega-3 fatty acids, as well as selenium. A 3 oz serving of raw, fresh bluefin tuna contains 1103 mg of omega-3 fatty acids, 214 mg of potassium, and 33.2 mg of sodium. Comparatively, a 3 oz. serving of canned white meat tuna, without salt and packed in water, contains 808 mg omega-3, and 55.8 mcg of selenium.

# 99 Foods That Naturally Lower Blood Pressure



91

## Turkey

### Description:

Turkey is a great source of potassium, and in addition to elaborate holiday meals and quick and easy lunchtime sandwiches, turkey can be used in a wide variety of recipes. Aside from “whole” and “sliced”, turkey is also available “ground”. Similar to ground chicken, ground turkey is frequently marketed as a healthy beef substitute, and works quite nicely as a healthier alternative in most recipes. Turkey burgers, turkey meatloaf, turkey taco wraps...yummy!

### Why It Works:

Turkey is considered a high-potassium, low-sodium protein source. Just 3 ounces of roasted, dark meat turkey contains 250 mg of potassium, 27 mg of calcium, and 21 mg of magnesium. Comparatively, a 4 oz serving of ground turkey contains 241 mg of potassium, 21 mg of calcium, and 20 mg of magnesium. But whether you prefer white meat or dark meat, the nutritional differences are small.



92

## Turnips

### Description:

Turnips are root vegetables that are high in vitamin C. Turnip greens (the greens at the top of the turnip) are a particularly good source of vitamin A, folate, vitamin C, vitamin K, and calcium. Turnip greens are also high in lutein (8.5 mg / 100 g).

### Why It Works:

1 cup of raw, cubed turnips contains 248 mg of potassium as well as sulforaphane, a chemical believed to have potent anticancer properties, and may protect the heart from vascular inflammation and atherosclerosis.



93

## Wasabi Root

### Description:

Wasabi, a relative of cabbage, horseradish, and mustard, is generally sold either as a root which is very finely grated before use, as dried powder in large quantities, or as a ready-to-use paste in tubes. The wasabi root is used as a condiment and has an extremely strong flavor.

### Why It Works:

Wasabi is low in sodium and high in fiber. Wasabi root is a good source of vitamin B6 and C, manganese, and magnesium. 1 cup of sliced wasabi root contains 738 mg of potassium, as well. Wasabi also naturally contains a unique compound, not found in any other vegetables, that studies indicate is more potent in fighting cancer than any other vegetable extract.

# 99 Foods That Naturally Lower Blood Pressure



94

## Watercress

### Description:

Watercress is one of the oldest known leaf vegetables consumed by humans. It is botanically related to garden cress, mustard, and radish — all are noteworthy for a peppery, tangy flavor.

### Why It Works:

With more calcium than milk, and higher in vitamin C than oranges, watercress is also an excellent source of vitamins A and K and provides a significant amount of iron, iodine, and folic acid. Like turnips, watercress is also a source of sulforaphane.



95

## Watermelon

### Description:

Watermelon has a thick, smooth rind and most commonly has a green exterior (though sometimes yellow or white). The inside flesh is known to be very juicy and sweet, usually a shade between pink and red.

### Why It Works:

Watermelon contains about 6% sugar, with water accounting for the remaining 92% of its weight. It contains lycopene, a powerful antioxidant, as well as the amino acid L-citrulline, which is important in producing nitric oxide. 1 (10 oz) wedge of watermelon contains 23.2 mg of vitamin C, 20 mg of calcium, 28.6 mg of magnesium, and 320 mg of potassium.



96

## White Mustard Seed

### Description:

Mustard seeds are the small round seeds of various mustard plants. White mustard seeds are hard round seeds, usually around 1 to 1.5 millimeters in diameter, with a color ranging from beige or yellow to light brown. They can be used whole for pickling or toasted for use in dishes. When ground and mixed with other ingredients, a paste, or more standard condiment, can be produced.

### Why It Works:

Mustard seeds contain phytonutrients and are a good source of magnesium, manganese, omega-3 fatty acids, and phosphorus. Mustard seed is also a very good source of selenium, known to reduce the effects of several health issues, including hypertension.



# 99 Foods That Naturally Lower Blood Pressure



## Winter Squash

### Description:

Despite its name, winter squash is actually a summer-growing vegetable. Winter squash is a low-calorie, good source of complex vegetable carbohydrates and dietary fiber, an excellent source of vitamin A, vitamin C, dietary fiber and manganese, vitamin B1 (thiamin), copper, tryptophan, vitamin B6 (pyridoxine), vitamin B3 (niacin), vitamin B5 (pantothenic acid), iron, and beta carotene. Usually, the darker the skin, the higher the beta carotene content.

### Why It Works:

1 cup of cubed winter squash, baked, without salt, contains, 88.2 mg of magnesium, 38.9 mcg of folate, 75.9 mg of omega-3 fatty acids, and 896 mg of potassium.



## Yogurt

### Description:

Full-fat, plain yogurt provides live, active cultures that have been shown to improve your digestion and absorption of nutrients, while helping to stabilize your immune system. The fat and protein content also keep your blood sugar levels stable. It can be eaten plain, used in a homemade salad dressing, or as the base for a dip.

### Why It Works:

One cup of plain, full-fat Greek yogurt contains up to 18 grams of protein to keep you feeling fuller longer, and 10 grams of fat to stabilize your blood sugar. Live, active culture count varies by brand. Avoid unnecessary additives like sugar, aspartame, and food dyes.



## Zucchini

### Description:

In a culinary context, the zucchini is treated as a vegetable, which means it is usually cooked and presented as a savory dish or accompaniment, however botanically speaking, it's a fruit. Zucchini, usually served cooked, can be prepared using a variety of cooking techniques, including steamed, boiled, grilled, and baked. Zucchini is a great source of Vitamins A and C.

### Why It Works:

1 cup of boiled, sliced zucchini (with skin) contains 30.6 mcg of folate, 455 mg of potassium, 39.6 mg of magnesium.



## The “Big Four” Table of Nutrition

| The 99 Foods                | Page # | Serving Size                     | 1                             | 2                             | 3                           | 4                          |
|-----------------------------|--------|----------------------------------|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|                             |        |                                  | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Alaskan Salmon              | 7      | 1 oz.                            | 101 mg                        | 7.6 mg                        | 51.03 mg                    | 65.77 mg                   |
| Almond Milk                 | 7      | 1 serving (natural, unsweetened) | 150 mg                        | 16 mg                         | 200 mg                      | 180 mg                     |
| Almonds                     | 7      | 1 oz.                            | 197 mg                        | 61.64 mg                      | 73.9 mg                     | 0.23 mg                    |
| Apple Cider Vinegar         | 8      | 1 tbsp (15g)                     | 10.8 mg                       | 0.7 mg                        | 1 mg                        | 0.7 mg                     |
| Apples                      | 8      | 1 medium                         | 195 mg                        | 9.10 mg                       | 10.92 mg                    | 1.82 mg                    |
| Apricots                    | 8      | 1 cup                            | 1511 mg<br>(427 mg)           | 16.5 mg                       | 21.5 mg                     | 1.7 mg                     |
| Artichoke                   | 9      | 1 medium (120 g)                 | 343 mg                        | 76.8 mg                       | 56.3 mg                     | 120 mg                     |
| Arugula                     | 9      | 1/2 cup (10 g)                   | 36.9 mg                       | 4.7 mg                        | 16 mg                       | 2.7 mg                     |
| Asparagus                   | 9      | 1 cup (134 g)                    | 271 mg                        | 18.8 mg                       | 32.2 mg                     | 2.7 mg                     |
| Avocados                    | 10     | 1 cup, cubed (150 g)             | 727 mg                        | 43.5 mg                       | 18 mg                       | 10.5 mg                    |
| Bananas                     | 10     | 1 medium (118 mg)                | 422 mg                        | 31.9 mg                       | 5.9 mg                      | 1.2 mg                     |
| Beef (ground) (beef; steak) | 10     | 4 oz.                            | 388 mg                        | 26 mg                         | 10 mg                       | 62 mg                      |
| Beets & Beetroot Juice      | 11     | 1 cup (raw) / 8 fl oz. (240 mL)  | 442 mg / 620 mg               | 31.3 mg / ~40 mg              | 21.8 mg / ~40 mg            | 106 mg / 190 mg            |
| Blackberries                | 11     | 1 cup                            | 233 mg                        | 28.8 mg                       | 41.8 mg                     | 1.4 mg                     |
| Blueberries                 | 11     | 1 cup                            | 114 mg                        | 8.9 mg                        | 8.9 mg                      | 1.5 mg                     |
| Bok Choy                    | 12     | 1 cup (cooked) (170 g)           | 630.7 mg                      | 18.7 mg                       | 158.1 mg                    | 57.8 mg                    |
| Brazil Nuts                 | 12     | 1 oz. (28 g)                     | 184 mg                        | 105 mg                        | 44.8 mg                     | 0.8 mg                     |
| Broccoli                    | 12     | 1 cup (91 g)                     | 288 mg                        | 19.1 mg                       | 42.8 mg                     | 30 mg                      |
| Broccoli Raab               | 13     | 1 cup chopped (40 g)             | 78.4 mg                       | 8.8 mg                        | 43.2 mg                     | 13.2 mg                    |
| Brussels Sprouts            | 13     | 1 cup (88 g)                     | 342 mg                        | 20.2 mg                       | 37 mg                       | 22 mg                      |
| Cabbage                     | 13     | 1 cup, chopped (89 g)            | 151 mg                        | 10.7 mg                       | 35.6 mg                     | 16 mg                      |

| The 99 Foods            | Page # | Serving Size   | 1                             | 2                             | 3                           | 4                          |
|-------------------------|--------|--|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|                         |        |  | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Cantaloupe              | 14     | 1 cup  | 427 mg<br>(473 mg)            | 21.2 mg                       | 15.9 mg                     | 28.3 mg                    |
| Carrot Juice            | 14     | 1 cup (236 g)  | 689 mg                        | 33 mg                         | 56.6 mg                     | 68.4 mg                    |
| Carrots                 | 14     | 1 cup (raw)  | 410 mg                        | 15.4 mg                       | 42.2 mg                     | 88.3 mg                    |
| Cashews                 | 14     | 1 oz. (28 g) dry<br>roasted, w/o salt                | 158 mg                        | 72.8 mg                       | 12.6 mg                     | 4.5 mg                     |
| Cauliflower (raw)       | 15     | 1 cup (raw)  | 303 mg                        | 15 mg                         | 22 mg                       | 30 mg                      |
| Cayenne Pepper          | 15     | 1 tbsp   | 106 mg                        | 8 mg                          | 7.8 mg                      | 1.6 mg                     |
| Celery                  | 15     | 1 cup (raw)  | 263 mg                        | 11.1 mg                       | 40.4 mg                     | 80.8 mg                    |
| Chicken Breast          | 16     | 1 oz. (28 g)<br>(fat-free, oven-<br>roasted, sliced) | 18.8 mg                       | 2.5 mg                        | 1.7 mg                      | 304 mg                     |
| Chili Peppers<br>(raw)  | 16     | 1 pepper (45 g)                                      | 145 mg                        | 10.4 mg                       | 6.3 mg                      | 4 mg                       |
| Chinese Broccoli        | 16     | 1 cup, cooked  | 230 mg                        | 15.8 mg                       | 88 mg                       | 6 mg                       |
| Clams                   | 17     | 1 cup (canned)<br>(240 g)                            | 358 mg                        | 26.4 mg                       | 31.2 mg                     | 516 mg                     |
| Coconut Water           | 17     | 1 cup (240 g)  | 600 mg                        | 60 mg                         | 57.6 mg                     | 252 mg                     |
| Cod                     | 17     | 1 fillet (raw) (116 g)                               | 468 mg                        | 27.8 mg                       | 8.1 mg                      | 82.4 mg                    |
| Collard Greens<br>(raw) | 18     | 1 cup (chopped)<br>(36 g)                            | 60.8 mg                       | 3.2 mg                        | 52.2 mg                     | 7.6 mg                     |
| Dill                    | 18     | 1/2 cup (fresh)                                      | 32.84 mg                      | 2.45 mg                       | 9.26 mg                     | 2.71 mg                    |
| Dried Figs              | 18     | 1 oz. (28 g)   | 190 mg                        | 19 mg                         | 45.4 mg                     | 2.8 mg                     |
| Dried Savory            | 19     | 1tbsp (4 g)  | 44.7 mg                       | 16 mg                         | 90.6 mg                     | 1 mg                       |
| Edamame<br>(Soybeans)   | 19     | 1 oz. (28 g)   | 135 mg                        | 17.1 mg                       | 16.8 mg                     | 1.7 mg                     |
| Flax Seeds              | 19     | 1 tbsp; whole<br>(168 g)                             | 1366 mg                       | 658 mg                        | 428 mg                      | 50.4 mg                    |
| Garlic                  | 20     | 1 clove (3 g)  | 12 mg                         | 0.7 mg                        | 5.4 mg                      | 0.5 mg                     |
| Grapes                  | 20     | 1 cup (92 g)   | 176 mg                        | 4.6 mg                        | 12.9 mg                     | 1.8 mg                     |

| The 99 Foods                | Page # | Serving Size                             | 1                             | 2                             | 3                           | 4                          |
|-----------------------------|--------|--|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|                             |        |  | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Green (Snap) Beans          | 20     | 1 cup (raw) (110 g)                      | 230 mg                        | 275 mg                        | 40.7 mg                     | 6.6 mg                     |
| Green Tea                   | 21     | 100 ml                                   | 27 mg                         | 2 mg                          | 3 mg                        | 3 mg                       |
| Halibut                     | 21     | 1/2 filet (159 g),<br>(cooked, dry heat) | 916 mg                        | 170 mg                        | 95.4 mg                     | 110 mg                     |
| Hawthorn Berries            | 21     | 1 cup                                    | 187 mg                        | (*)                           | (*)                         | 1 mg                       |
| Hibiscus Tea                | 22     | 8 oz (237 g)                             | 21 mg                         | 0 mg                          | 0 mg                        | 7 mg                       |
| Honeydew Melon              | 22     | 1 cup (raw)                              | 404 mg                        | 17.7 mg                       | 10.6 mg                     | 31.9 mg                    |
| Kale (raw)                  | 22     | 1 cup (67 g)                             | 299 mg                        | 22.8 mg                       | 90.5 mg                     | 28.8 mg                    |
| Kiwifruit                   | 23     | 1 medium<br>(76 g w/o flesh)             | 237 mg                        | 12.9 mg                       | 25.8 mg                     | 2.3 mg                     |
| Kohlrabi                    | 23     | 1 cup (raw) (135 g)                      | 473 mg                        | 25.6 mg                       | 32.4 mg                     | 27 mg                      |
| Lemon Water                 | 23     | 8 oz.                                    |                               |                               |                             |                            |
| Mango                       | 24     | 1 cup (raw) (165 g)                      | 257 mg                        | 14.8 mg                       | 16.5 mg                     | 3.3 mg                     |
| Mint<br>(Spearmint- fresh)  | 24     | 2 tbsp                                   | 153 mg                        | 21 mg                         | 66 mg                       | 10 mg                      |
| Mint<br>(Peppermint- fresh) | 24     | 2 tbsp                                   | 43.24 mg                      | 6.08 mg                       | 18.47 mg                    | 2.36 mg                    |
| Mint<br>(Spearmint- dried)  | 24     | 2 tbsp                                   | 57.8 mg                       | 81 mg                         | 44.6 mg                     | 10.4 mg                    |
| Mushroom                    | 24     | 1 cup (raw, white<br>mushroom) (70 g)    | 223 mg                        | 6.3 mg                        | 2.1 mg                      | 3.5 mg                     |
| Mustard Greens              | 25     | 1 cup (raw) (56 g)                       | 198 mg                        | 17.9 mg                       | 57.7 mg                     | 14 mg                      |
| Nectarine                   | 25     | 1 cup (raw) (143 g)                      | 287 mg                        | 12.9 mg                       | 8.6 mg                      | 0 mg                       |
| Okra                        | 25     | 1 cup (100 g)                            | 303 mg                        | 57 mg                         | 81 mg                       | 8 mg                       |
| Oolong Tea                  | 26     | 8 oz.                                    |                               |                               |                             |                            |
| Orange                      | 26     | 1 cup (raw,<br>w/peel) (170 g)           | 333 mg                        | 23.8 mg                       | 119 mg                      | 3.4 mg                     |

| The 99 Foods  | Page # | Serving Size   | 1                             | 2                             | 3                           | 4                          |
|---------------|--------|--|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|               |        |  | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Orange Juice  | 26     | 1 cup (248 g)  | 496 mg                        | 27.3 mg                       | 27.3 mg                     | 2.5 mg                     |
| Oregano       | 26     | 1 tsp (dried)  | 16.7 mg                       | 2.7 mg                        | 15.8 mg                     | 0.1 mg                     |
| Papaya        | 27     | 1 cup (raw, cubed)<br>(140 g)                        | 360 mg                        | 14 mg                         | 33.6 mg                     | 4.2 mg                     |
| Parsnips      | 27     | 1 cup (sliced, raw)<br>(133 g)                       | 499 mg                        | 38.6 mg                       | 0.8 mg                      | 13.3 mg                    |
| Pears         | 27     | 1 medium (raw)<br>(178 g)                            | 212 mg                        | 12.5 mg                       | 16 mg                       | 1.8 mg                     |
| Peas          | 28     | 1 cup (raw) (145 g)                                  | 354 mg                        | 47.9 mg                       | 36.2 mg                     | 7.3 mg                     |
| Pistachios    | 28     | 1 oz. (raw) (28 g)                                   | 287 mg                        | 33.9 mg                       | 30 mg                       | 0.3 mg                     |
| Plantains     | 28     | 1 medium (raw)<br>(179 g)                            | 893 mg                        | 66.2 mg                       | 5.4 mg                      | 7.2 mg                     |
| Pomegranate   | 29     | 1 pomegranate<br>(282 g)                             | 666 mg                        | 33.8 mg                       | 28.2 mg                     | 8.5 mg                     |
| Pork          | 29     | 1 oz pork loin<br>(28 g), (cooked,<br>lean, roasted) | 159 mg                        | 7 mg                          | 0.3 mg                      | 64.7 mg                    |
| Prune Juice   | 29     | 1 cup (canned)<br>(256 g)                            | 707 mg                        | 35.8 mg                       | 30.7 mg                     | 10.2 mg                    |
| Prunes        | 29     | 1 cup (uncooked)<br>(132 g)                          | 1396 mg                       | 84.5 mg                       | 95 mg                       | 6.6 mg                     |
| Pumpkin Seeds | 30     | 1 cup (roasted,<br>unsalted) (227 g)                 | 1829 mg                       | 1212 mg                       | 97.6 mg                     | 40.9 mg                    |
| Quinoa        | 30     | 1 cup (cooked)<br>(185 g)                            | 318 mg                        | 118 mg                        | 31.5 mg                     | 13 mg                      |
| Radish        | 30     | 1 cup (raw, sliced)<br>(116 g)                       | 270 mg                        | 11.6 mg                       | 29 mg                       | 45.2 mg                    |
| Raisins       | 31     | 1 oz. (seedless)<br>(28 g)                           | 210 mg                        | 9 mg                          | 14 mg                       | 3.1 mg                     |
| Raspberries   | 31     | 1 cup (raw) (123 g)                                  | 186 mg                        | 27.1 mg                       | 30.7 mg                     | 1.2 mg                     |



| The 99 Foods                                   | Page # | Serving Size                      | 1                             | 2                             | 3                           | 4                          |
|--|--------|-----------------------------------|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|  |        |                                   | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Red Cabbage                                    | 31     | 1 cup; raw, chopped (89 g)        | 216 mg                        | 14.2 mg                       | 40 mg                       | 24 mg                      |
| Romaine Lettuce                                | 32     | 1 cup (shredded) (47 g)           | 116 mg                        | 6.6 mg                        | 15.5 mg                     | 3.8 mg                     |
| Rutabaga                                       | 32     | 1 cup (raw) (140 g)               | 472 mg                        | 32.2 mg                       | 65.8 mg                     | 28 mg                      |
| Sardines<br>(Atlantic, canned in oil, drained) | 32     | 1 cup (drained) (149 g)           | 592 mg                        | 58.1 mg                       | 569 mg                      | 752 mg                     |
| Sesame Seeds                                   | 33     | 1 oz. (toasted, unsalted) (10 g)  | 114 mg                        | 96.9 mg                       | 36.7 mg                     | 10.9 mg                    |
| Spinach  | 33     | 1 cup; raw (30 g)                 | 167 mg                        | 23.7 mg                       | 29.7 mg                     | 23.7 mg                    |
| Squash Seeds                                   | 33     | 10 g (roasted, unsalted)          | 919 mg                        | 262 mg                        |                             | 18 mg                      |
| Strawberries                                   | 34     | 1 cup; halves, raw (152 g)        | 233 mg                        | 19.8 mg                       | 24.3 mg                     | 1.5 mg                     |
| Sun-dried Tomatoes                             | 36     | 1 cup                             | 1851 mg                       | 105 mg                        | 59.4 mg                     | 1131 mg                    |
| Sunflower Seeds                                | 34     | 1 oz; toasted, unsalted (28 g)    | 137 mg                        | 36.1 mg                       | 16 mg                       | 0.8 mg                     |
| Sweet Potatoes                                 | 34     | 1 cup (raw) (133 g)               | 448 mg                        | 33.2 mg                       | 39.9 mg                     | 73.2 mg                    |
| Swiss Chard (cooked)                           | 35     | 1 cup                             | 961 mg                        | 150 mg                        |                             | 313 mg                     |
| Swordfish                                      | 35     | 1 piece (106 g, dry heat)         | 391 mg                        | 36 mg                         | 6.4 mg                      | 122 mg                     |
| Thyme  | 35     | 1 tsp (fresh) (1 g)               | 4.6 mg                        | 1.2 mg                        | 3 mg                        | 0.1 mg                     |
| Tomato Juice                                   | 36     | 1 cup (canned, unsalted) (243 mg) | 556 mg                        | 26.7 mg                       | 24.3 mg                     | 24.3 mg                    |
| Tomato Sauce                                   | 36     | 1 cup (unsalted) (244 g)          | 905 mg                        | 46.4 mg                       | 34.2 mg                     | 26.8 mg                    |
| Tomatoes                                       | 36     | 1 medium (raw) (123 g)            | 292 mg                        | 13.5 mg                       | 12.3 mg                     | 6.2 mg                     |

| The 99 Foods   | Page # | Serving Size                    | 1                             | 2                             | 3                           | 4                          |
|--|--------|---------------------------------|-------------------------------|-------------------------------|-----------------------------|----------------------------|
|  |        |                                 | Potassium<br>(mg per serving) | Magnesium<br>(mg per serving) | Calcium<br>(mg per serving) | Sodium<br>(mg per serving) |
| Trout  | 36     | 1 fillet (raw) (79 g)           | 285 mg                        | 17.4 mg                       | 34 mg                       | 41.1 mg                    |
| Tuna (canned, white meat, no salt and packed in water) | 36     | 1 can (165 g)                   | 391 mg                        | 44.6 mg                       | 18.2 mg                     | 558 mg                     |
| Tuna (raw, fresh bluefin)                              | 36     | 3 oz.                           | 214 mg                        | 42.5 mg                       | 6.8 mg                      | 33.2 mg                    |
| Turkey   | 37     | 1 cup (roasted, w/skin) (140 g) | 364 mg                        | 30.8 mg                       | 46.2 mg                     | 102 mg                     |
| Turnips  | 37     | 1 cup (raw) (130 g)             | 248 mg                        | 14.3 mg                       | 39 mg                       | 87.1 mg                    |
| Wasabi Root  | 37     | 1 cup (raw) (130 g)             | 738 mg                        | 89.7 mg                       | 166 mg                      | 22.1 mg                    |
| Watercress   | 38     | 1 cup (raw, chopped) (34 g)     | 112 mg                        | 7.1 mg                        | 40.8 mg                     | 13.9 mg                    |
| Watermelon   | 38     | 1 wedge (286 g)                 | 320 mg                        | 28.6 mg                       | 20 mg                       | 2.9 mg                     |
| White Mustard Seed                                     | 38     | 1 tbsp (11 g)                   | 75 mg                         | 32.8 mg                       | 57.3 mg                     | 0.6 mg                     |
| Winter Squash  | 39     | 1 cup (raw) (116 g)             | 406 mg                        | 16.2 mg                       | 32.5 mg                     | 4.6 mg                     |
| Yogurt   | 39     | 1 cup                           | 380 mg                        | 29.4 mg                       | 296 mg                      |                            |
| Zucchini   | 39     | 1 cup (raw, chopped) (124 g)    | 325 mg                        | 21.1 mg                       | 18.6 mg                     | 12.4 mg                    |