What is the best food to eat to manage high blood pressure?

**Limit the amount of sodium** in the diet to 5g of salt (2000mg sodium) which is about a teaspoon. You can find this information by reading the food labels on processed foods.

**Increase the amount of potassium** in the diet to 3500-5000mg/day. Foods containing potassium include bananas, leafy vegetables, legumes, avocado and salmon.

**Increase fibre intake** to 25-29g/day or more. Foods containing fibre include fruit, vegetables, legumes, grains, and cereals containing oats.

**Limit alcohol** to less than 1 drink daily for women and less than 2 drinks daily for men.