

To lower Blood Pressure:

1. Use dried or fresh herbs or spices to season instead of salt.
2. Avoid Sea Salt, Onion Salt, Garlic Salt, Adobe Seasoning, and other salt-containing seasoning. Use the reduced-sodium versions. Check labels for sodium content.
3. Label read for sodium level per serving size. Strive for 150mg Sodium for blood pressure issues or 250mg Sodium if normal BP.
4. Eating colorful vegetables & fruits, whole grains, and low-fat dairy products helps lower blood pressure.