To protect the heart, kidneys and general well -being, the key role is played by maintaining the norm of blood pressure. These are the products in this will help you.

Blueberry. One study showed that only one cup per week of these berries reduces the likelihood of developing hypertension. Another scientific work connects Anthocyanin in blueberries with a decrease in pressure.

Walnuts. People who ate these nuts within the framework of one experiment were lower diastolic blood pressure, a thinner waist and abdominal obesity was less common. In the course of one clinical study of 2019, scientists found that the use of walnuts as part of a low content of saturated fats can help reduce central blood pressure.

100% orange juice. From one glass of such juice, you will get potassium – the main nutrient for the heart. In addition, orange contains a lot of hesperidine, which reduces pressure in people with hypertension. In one recent clinical study, those who drank 500 ml of 100% orange juice daily, blood pressure decreased by an average of 6.35 mm Hg. Art.

Watermelon. It is rich in potassium, L-cystille and lycopene. These nutrients are associated with a decrease in blood pressure.

FCAFODIGITAL / GETTY IMAGES

Pear. In the course of a study published in the journal Food and Function, scientists found that the daily use of pears for 12 weeks reduced systolic blood pressure and pulse pressure.

Fat fish. Salmon and trout are excellent sources of omega -3 fatty acids. The American Cardiological Association recommends using one-three seafood dishes per week per week to reduce the risk of developing heart diseases and maintaining blood pressure.

Lentils. It is rich in substances so useful for the heart as potassium and magnesium.

Yogurt. It contains potassium and calcium, which are needed to maintain heart health. But when choosing yogurt, give preferences to sugar options.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.

save pdf date >>> 25.01.2026