- Blood pressure

your healthy life

go bananas

IF YOU HAVE HIGH BLOOD PRESSURE



New research suggests increasing the ratio of dietary potassium to sodium intake may be more effective for lowering blood pressure than simply reducing sodium intake. One of the best food-sources of potassium? Bananas. "Usually, when we have high blood pressure, we're advised to eat less salt," says Professor Anita Layton from Canada's University of Waterloo and one of the study's authors. "Our research suggests that adding more potassium-rich foods to your diet, such as bananas and broccoli, might have a greater positive impact on your blood pressure than just cutting sodium."

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