

## HYPERTENSION

### Pathya Aahara & Vihara

Fruits		Vegetables	
Apple, Apricots Banana Dates Mangoes Strawberries Orange Pineapple Figs		Broccoli, Carrots Green beans Tomato Kale Brossels Sprouts Spinach Garlic Sweet Potato	
Milk Products	Fish	Nuts	Pulses & Grains
Yogurt ( fat Free )	Tuna Salmon	Almonds Walnuts Flax Seeds Sunflower seeds	White beans Lentils

Daily Exercise  
 Proper Sleep  
 Avoid Exposure to direct sunlight  
 Pranayama  
 Yoga

### Apathya Aahara & Vihara

Fruits	Vegetables	Meat
Guavas Passion Fruit Non - Organic fruits	Non Organic Vegetables	Red meat Processed meat Alam, Pork, Bacon
Beverages	Nuts	Others
Sweetened Beverages Alcohol Noodle Soup	Salted nuts	Canned foods Pickles, Junk foods Sugar, Fried items
Suppression of natural urges Night awakening Disturbed Sleep Lack of rest		Frozen Meals