



Special Food For Blood pressure patients

We will not eat :

- Canned vegetables in brine or canned vegetable juice
- Table salt (sodium chloride salt)
- The grains that may be found in some breads and pastries
- Shell fishes such as shrimps, crab and lobsters
- Mayonnaise or the prepared salad dressings, soya sauce, tomato ketchup and baking soda

We will limit the intake of :

- Milk 1 to 2 cups maximum a day
- Meats and chicken to 100gm a day
- Eggs to 2 eggs per week

We will keep far away from:

Potato chips , fatty food , salted nuts , salted pop corn and salted snacks

We will love to eat :

Potato, banana, apricots, kidney beans, green beans, cabbage, broccoli, apple, papaya, pear, fresh orange juice, green grapes and peach.

Your daily physical activity could be the way to control your blood pressure and to have a high quality life, GO !

The Diet Clinic of Al-Salam Hospital wishes you health and wellness

Tel.: 22232000 Ext : 1113 - Basement 1