

7 Fabulous Foods that Naturally Lower Blood Pressure

From seeds to cereal, eating these regularly can help with hypertension

by [Candy Sagon](#), [AARP Bulletin](#), Updated May 2016

Little Seeds, Big Benefits

A tiny brown seed could have a major impact on [controlling high blood pressure](#). In a 2013 study by Canadian and Cuban researchers, patients (age 40-plus) with high blood pressure and peripheral artery disease ate about three heaping tablespoons of ground flaxseeds daily for six months. The result: Their systolic blood pressure (the top number) dropped by 15 millimeters of mercury (mmHg) — a finding researchers called “one of the most potent blood anti-hypertensive effects ever achieved by a dietary intervention.” In the study, the ground flaxseeds were used to make muffins, bagels and buns; they can also be sprinkled on cereal or added to sauces.