



# How to shop at the food pantry if you have high blood pressure



Choose a variety of beans peas, and lentils because they are good sources of fiber and proteins.



Choose whole grains like oats and brown rice because they are good sources of fiber.



Choose peanut butter that is labeled “reduced sugar and sodium”. Peanuts, tree nuts and seeds have healthy fats and protein.



Choose a variety of canned vegetables and choose vegetables labeled as “low sodium” or “no salt added”.



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Choose fish because it contains healthy fats and a lot of protein. Choose chicken and turkey since they are lean meats.



Choose canned fruit without added sugar such as fruit packaged in “100% juice” or labeled as “unsweetened”.



Choose beverages that do not have added sugars like water, coffee or tea.



Choose dairy products that are low in fat like milk labeled as “1% low-fat” or low-fat yogurt.