

DAIRY AND BLOOD PRESSURE

Evidence shows that consuming dairy foods as a part of a healthy diet is linked with reduced risk for high blood pressure and may help maintain or lower elevated blood pressure.

Some of these dairy products include:

Milk

Cheese

Yogurt

The DASH eating plan found that following a reduced-fat eating plan (per day):

- **2-3 servings** of dairy
- **8-10 servings** of fruits and vegetables

lower blood pressure in adults with elevated blood pressure.