

## Did you know: Potassium-rich fruit is the key to lowering blood pressure

A new medical effect discovered in potassium-rich fruit foods is published by an international team of medical practitioners.

A new medical effect discovered in potassium-rich fruit foods is published by an international team of medical practitioners.

Accordingly, a team of researchers from the Keck School of Medicine at the University of Southern California has announced that foods rich in potassium including many fruits and vegetables may be the key to lowering blood pressure.

Previously, high blood pressure was a chronic condition affecting 1 billion people worldwide by the WHO, and the disease has caused 51% of deaths and 45% Death related by high blood pressure link with other cardiovascular diseases.

The researchers found a link between blood pressure and sodium, potassium and sodium-potassium ratio in the daily diet and found that potassium appears to be abundant in a diet rich in fruits, , fruits and vegetables and this is related to lowering blood pressure.



Alicia McDonough, Professor of Cytology and Neurology at Keck School of Medicine, said: "Reducing sodium is a way to lower blood pressure. However, evidence suggests that potassium may also be important equally important for people with high blood pressure '.

McDonough said: " *When potassium levels are high, the kidneys release a lot of salt and water, increasing sodium excretion. A potassium-rich diet is like taking diuretics .*"

A 2004 Institute of Medicine study found that adults consume at least 4.7 grams of potassium per day to lower blood pressure, prevent sodium effects and reduce the risk of kidney stones and bone damage.

Researchers recommend that salt-rich diets usually contain only very low amounts of potassium. So it needs to be supplemented by potassium-rich fruits and vegetables. High levels of potassium absorbed into the blood will help control the amount of sodium in the heart, nerves and muscle groups, contributing to lowering blood pressure.

McDonough said: " *If you eat a Western-style diet, your salt content will be high, but in return, the intake will be very low. This will have significant development implications. high blood pressure* '.

This research has just been published in the American Journal of Physiology.

You finished reading the article "**Did you know: Potassium-rich fruit is the key to lowering blood pressure**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.