

B K Memorial Hospital - BP Diet Chart

Focus: Low salt, heart-friendly nutrition

- 1 Reduce salt intake
- 2 Eat fruits like banana and orange
- 3 Consume vegetables and whole grains
- 4 Use low-fat dairy products
- 5 Avoid fried and processed foods
- 6 Maintain regular physical activity

Meal	Recommended Food
Breakfast	Poha, fruit, milk
Lunch	Rice, dal, vegetables
Snack	Roasted chana, nuts
Dinner	Soup, chapati, vegetables