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It was named Best Heart HealthyDiet and BestDiet for High Blood Pressure by U.S. News World Report in 2025 Jun 5 2025 Highbloodpressureis caused by the force ofbloodflow in the arteries being toohigh

The DASHdietincludes heart healthyfoodsthat lowerbloodpressure 2 days ago The DASHdiet Mediterraneandietand MINDdietare expert recommendeddietsfor highbloodpressurebased on U.S. News and our panel of experts to help you find the rightdietfor you.

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