

Sodium, Calcium, Potassium, & your Blood Pressure

This worksheet explains the relationship between sodium, calcium, potassium, heart health and blood pressure. By following the guidelines taught in this worksheet, you will begin to eat less processed foods and more natural ones, and therefore, lower your sodium intake. You will also learn to be intentional about getting adequate calcium and potassium each day to improve your blood pressure. These guidelines will fit perfectly into your overall meal plan with healthy, natural, whole-food food choices.