



降低高血压该避免或减少摄取的食物  
Foods to avoid Or Least intake for lowering High blood pressure

油腻食物  
Greasy foods

加工食品  
Processed foods

过量的盐和糖  
Excessive salt & sugar

以及过量的盐和糖等  
as well as excessive salt and sugar, etc.

What foods worsen high blood pressure? Is excessive salt the main culprit? Learn more at this video link: [https://youtube.com/shorts/\\_rilk7R-KSo](https://youtube.com/shorts/_rilk7R-KSo)