



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.

哪些食物会加重高血压？食盐过多是罪魁祸首吗？按此视频链接以了解更多：[https://youtube.com/shorts/\\_rilk7R-KSo](https://youtube.com/shorts/_rilk7R-KSo)