# Leyla Weighs In: Foods to Lower Blood Pressure

written by Leyla Muedin MS, RD, CDN | January 24, 2025

Foods and Lifestyle Changes to Manage High Blood Pressure: Nutritionist Leyla Muedin discusses effective ways to manage high blood pressure through simple lifestyle changes and dietary choices. She highlights the importance of achieving a healthy weight and outlines how foods like beets, celery, pistachios, asparagus, sweet potatoes, and salmon can support healthy blood pressure levels. Leyla also emphasizes the need to avoid processed foods, excess sodium, and alcohol, presenting a comprehensive approach to improving cardiovascular health.