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Diet for Obese patients with High Blood Pressure

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Diet for Obese patients with High Blood Pressure

Obesity has become a common condition in the United States. Kushner & Kahan (2018) stated that approximately seventy percent of the adults in America are obese or overweight. Similarly, the same source said that almost one in every three adults has high blood pressure. Therefore, there is a strong association between obese individuals and high blood pressure because when people are overweight, their hearts will need to use more effort in pumping the blood into the body (Kang, 2021). Consequently, the more energy required to pump the blood inserts strain in the arteries, which then resists blood flow, increasing blood pressure.

Lifestyle changes play vital role in the regulation of blood pressure and obesity. This being a common cause of obesity and high blood pressure, the physician can consider changing the patient diet and reducing the increased risks in the future. For instance, obesity is caused by poor eating habits and a deprived diet; at the same time, high blood pressure can also be caused by the type of diet individuals take, especially those with saturated fats or high sugar content (Bricarello et al., 2019). On the other hand, foods that make people more vulnerable to obesity are almost similar to risky diets that causing high blood pressure, including foods with more sugar, drinking alcohol, and taking many processed foods.

Calories play a critical role in weight; therefore, patients should eat well to reduce their weight. While diet is vital to good health, the patient should take whole grains such as brown rice and whole wheat. Also, vegetables, whole fruits, and not fruit juices. Plant oils are also vital such as olive oil (Bricarello et al., 2019). Similarly, the physician can also consider foods rich in calcium, fiber, potassium, and protein. Nevertheless, the foods should be low in sodium, such as using spices and food flavors with no sodium and taking fresh vegetables.

References

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