

Dealing With High-blood Pressure? Eat More Melons

Summer is the time to chill out with cool summer fruits, so why not lower your blood pressure at the same time?

Nutrition experts at UT Southwestern Medical Center say there's no better way to lower your blood pressure than by indulging in some of the season's potassium-rich fruit and vegetables.

Melons like cantaloupe and watermelon are particularly high in potassium; one fourth a cantaloupe contains 800 to 900 milligrams of potassium, roughly 20% of the recommended daily value. Two cups of watermelon contains nearly 10% of the daily recommended value. Dried apricots, avocados, figs, kiwi, oranges, raisins, dates, beans, potatoes, tomatoes and even grapefruit are other good sources of potassium.

The U.S. Department of Agriculture recommends that most adults get 4,044 milligrams of potassium from food and beverages each day.

