

Table 1: Freedom Foods List

www-the-high-blood-pressure-diet.com

Vegetables		Condiments
Arugula	Mustard greens	Capers
Asparagus	Okra	Horseradish
Bamboo shoots	Onion, all types	Mustard
Beet greens	Pepper, all types	Pickles, low sodium
Broccoli	Radiccio	Salsa
Brussels sprouts	Radish	Soy sauce, sodium reduced
Cauliflower	Snap beans	Tomato ketchup, natural low sodium
Celeriac	Spinach	Vinegar, white rice, balsamic, red vinegar
Celery	Swiss Chard	apple cider etc.
Collards	Tomatoes	Sweeteners
Cucumber	Turnip greens	Stevia
Dandelion greens	watercress	Erythritol
Eggplant	Zuchinni	Xylitol
Escarole or endive	mushrooms	
Fennel		Fruit
Garlic		Lemons
Ginger root		Limes
Kale		
kohlrabi		Herbs & Spices
leeks		Fresh, dry all types
Lettuce, all types		(no sodium)