Eating healthy lowers blood pressure

**Diet for Arteriosclerosis**

- Foods rich in omega 3 and fiber
  - Flaxseed and chia
  - Quinoa
  - Lentils, chickpeas
  - Brown bread and whole rice
- Vitamin C, lycopene, betacarotene
  - Carrots, oranges, mangoes
  - Peppers, tomato sauce
- Vegetables (Fiber and folic acid)
- Onions and garlic
http://www.mayoclinic.org/diseases-conditions/arteriosclerosis-atherosclerosis/basics/causes/con-20026972

http://www.heart.org/HEARTORG/Conditions/Cholesterol/WhyCholesterolMatters/Atherosclerosis_UCM_305564_Article.jsp#mainContent

http://www.webmd.com/heart-disease/what-is-atherosclerosis?page=2

http://www.nhlbi.nih.gov/health/health-topics/topics/atherosclerosis

http://www.heart.org/HEARTORG/Conditions/Cholesterol/WhyCholesterolMatters/Atherosclerosis_UCM_305564_Article.jsp#mainContent