

## **Diet Prescription for Hypertensive Patients**

AA. VV.



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Diet prescription is essential for all patients with hypertension and, together with an adequate pharmacologic treatment, can allow reduction of pressure values even in more severe cases. This booklet summarizes tha basic principles of correlation between sodium and hypertension, describes the rationale for an adequate dietetic approach in this disease and provides some examples of low sodium intake and low calories diets.

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