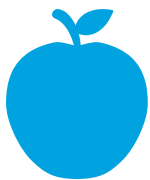


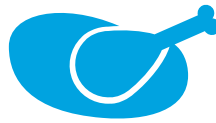
NATIONAL HIGH BLOOD PRESSURE MONTH

Here are some dietary and lifestyle modifications to help reduce high blood pressure.



FRUITS & VEGGIES

Fill your plate with colorful foods. Fruits and vegetables are full of fiber, vitamins, and minerals essential for maintaining good health and disease prevention.



LEAN MEATS

Meat can be a rich source of protein, B vitamins, iron and zinc. Choose lean varieties and aim for no more than 6 ounces a day. Cutting back on your meat portion will allow room for more vegetables.



NUTS, SEEDS & WHOLE GRAINS

Focus on whole grains because they have more fiber and nutrients than do refined grains. Nuts and seeds are high fiber foods as well.

HYPERTENSION IS HIGH BLOOD PRESSURE

High blood pressure is dangerous because usually there are no obvious symptoms. When left untreated, high blood pressure can damage your circulatory system and cause heart attack, stroke, or other health issues.



HOW CAN YOU MANAGE YOUR HYPERTENSION?

- Maintain a healthy weight
- Consume a whole food diet
- reduce sodium intake
- stay physically active
- limit alcohol intake