



If your health care provider says you need to change how you eat to control your blood pressure, check your grocery list. Make sure it has these foods:

Fatty fish such as salmon and trout: Aim for 2 to 3 portions each week to get omega-3 fats, which help improve blood pressure, lowering the risk of heart attack and stroke.

Leafy greens like kale, spinach and other vegetables in this group are nutritious, low in calories and add beautiful color to stir-fries, salads and soups. Enjoy green vegetables daily.

- 3. Low-fat dairy:** Aim for 2 daily servings of milk and yogurt (without sweetener) for added calcium and magnesium.
- 4. Beans:** With a winning combination of fiber, potassium and magnesium, enjoy beans such as edamame, navy beans and chickpeas. Enjoy them in soups, on salads or as a dip.
- 5. Nuts and seeds:** Snack on an ounce of nuts and seeds instead of salty chips or pretzels. They provide a satisfying crunch with potassium and other nutrients, and less sodium.
- 6. Berries:** People who eat more antioxidant-rich berries have a lower risk of high blood pressure. Eat them by the handful daily.

And did you know, the Dietary Approaches to Stop Hypertension (DASH) eating plan uses these foods. Studies show it can lower blood pressure by up to 14 points, and protect heart health.

Remember — it's the combination of all foods

It's easy to "x a Mediterranean plate.
Try these for great "avor and nutrition:

1.

2.

3.

4.

5.

6.

7.

What's missing?

Keep
Your Grip

To improve your grip, exercise your hands and wrists. Examples include:

e

s

attack,
general,
th,
length

