

# Hypertension-Friendly Guidelines

## SIMPLE & DELICIOUS MEALS TO TRY

### Black Bean & Cucumber Salad

Drain and rinse canned black beans, chop a cucumber, small onion, and some cilantro/parsley to taste. Toss everything into a bowl with some crumbled/shredded cheese of your preference, a few drops of lime juice/vinegar, a few drops of olive oil, and salt and pepper to taste.

### Stuffed Green Peppers

Slice the top off green peppers; remove the seeds. Sauté canned chicken/tuna or any other type of ground meat along with your favorite veggies and seasoning, spoon into the peppers and bake for a quick yummy meal.

### Veggies & Dip (Snack)

Slice up some peppers, carrots and celery, and pair with your favorite dip such as hummus, ranch dressing, tzatziki sauce, cream/neufchatel cheese.

## FRUITS

Aim to include 1 serving of fruit in each meal.

***\*Ask your doctor if acidic and potassium rich fruits will interact with your high blood pressure medication.***

## VEGETABLES

Aim to include 2-3 servings of vegetables in each meal.

***\*Refer to your doctor and ask about the consumption of tomatoes and their by-products.***

## GRAINS & CEREALS

Aim to include 1 serving of grains or cereal in each meal.

***\*Make at least half of your grains whole.***

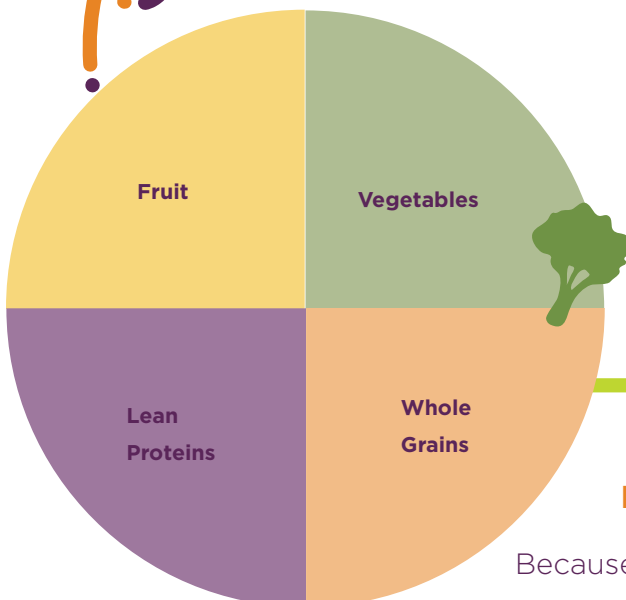
## MEATS & LEGUMES

Aim to include one serving of lean protein in each meal.

***\*Vary your protein food choices.***

## DAIRY +

Spreads and oils will last a very long time as well as shelf stable milk. Consume as recommended per serving size.



For additional healthy and delicious recipes, food resources and updates, text FTBFYI to 855-530-3663