Hypertension-Friendly Guidelines

SIMPLE & DELICIOUS MEALS TO TRY

**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.

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.

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

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