



Dining

FOR WELLNESS

HEALTHY DINING FOR HYPERTENSION

HYPERTENSION & BLOOD PRESSURE

Soup or Salad

Roasted Garlic and White Bean Soup

OR

Mixed Green Salad

with Watercress and Arugula
Topped with Almonds, Fresh Pears & Balsamic Vinaigrette

Entrees

Pan Seared Salmon
with Avocado and Tangerine Salsa

OR

Slow Roasted Leg of Lamb
Marinated in Tropical Fruits and
Served Over Lentils & Roasted Vegetables

Boneless Breast of Chicken Poached in Vegetable Broth
& Served over Sautéed Zucchini and Sweet Onions

Dessert

Oatmeal, Banana Bread Pudding
With Vanilla Cream Anglaise

A diet rich in garlic has been shown to lower blood pressure.

One of four servings of legumes required daily.

An excellent source of dietary fiber: one half cup has more potassium than a whole banana.

One of four fruit servings required daily. Provides plenty of dietary fiber and potassium.

Low in fat and sodium.

Packed with health boosting omega-3 fatty acids plus the added bonus of calcium and magnesium.

Rich in monosaturated oil and loaded with potassium (2 oz contains 250 mg).

An additional serving of fruit: low in calories, full of fiber and thiamine.

Provides Fiber and loads of minerals, including iron & potassium.

Chocked full of minerals including: phosphorus, calcium, & potassium.

Additional serving of fruit: added fiber, potassium, and manganese.

Low in calories, high in potassium & vitamin C.

Additional minerals & a low-fat cooking method.

Full of calcium, phosphorus & potassium with only 3 grams of fat.

Multi-grain bread is high in fiber.

Oats are full of minerals & dietary fiber. Studies show they reduce blood pressure.

Made with low-fat milk and sweetened with Splenda™

Full of potassium, stimulates the production of serotonin (the chemical that has a calming effect on the body).