

‘NUTRITIONAL TIPS’

BLOOD PRESSURE AND HEALTHY FOOD

How is your blood pressure? Do you know what you can do to help keep it in the “Normal” range?

Hypertension affects approximately one-quarter of adult Americans with another one-quarter having pre-hypertension, or blood pressure in the zone between normal and high.

Keep your blood pressure normal – or lower it – by making some lifestyle changes.

- Participate in regular physical activity: at least 30 minutes a day on most days of the week.
- Consume moderate amounts of alcohol.
- Limit sodium intake to no more than 2,400 milligrams a day.
- Maintain a normal body weight.
- Adopt the Dietary Approach to Stop Hypertension, or “DASH,” eating plan.

The DASH eating plan calls for consuming eight to 10 servings of fruits and vegetables, three servings of dairy foods, limited animal fat intake and increased intake of plant proteins every day. Make the switch to the ‘[DASH eating plan](#)’ by slowly making manageable, lifestyle changes.

**“Welcome Aboard!”
“Enjoy The Ride!”**

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