

‘NUTRITIONAL TIPS’

DASH TO LOWER BLOOD PRESSURE

Research shows an eating plan called ‘Dietary Approaches to Stop Hypertension’, or ‘DASH’, may help reduce your risk of high blood pressure.

The ‘DASH’ eating plan is built around consuming eight to 10 servings of fruits and vegetables every day, along with two to three servings of dairy foods. And while it was designed for people with hypertension, ‘DASH’ is an eating plan the whole family can enjoy.

To help work more fruits and vegetables into your daily eating plan, try adding fruit to cereal and salad, enjoy it as a snack or use it to top angel food cake or frozen yogurt. Include vegetables in salads, pasta or rice dishes or cook them with meat, fish and poultry.

In addition, consume three servings of low-fat dairy products and engage in regular physical activity.

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

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