

## MANAGING YOUR HEALTH

# HIGH BLOOD PRESSURE



## Foods to Focus on:

### Fruits and Vegetables:

Spinach  
Collard Greens  
Kale  
Cabbage  
Broccoli  
Carrots  
Sweet Potato  
Bananas  
Apples  
Oranges  
Pears  
Grapes

\*These are just a few examples. Item can be fresh, frozen or canned. If canned, rinse off with water to decrease the sodium.

### Whole Grains:

Brown Rice  
Whole-Wheat Bread  
Oatmeal

### Fat-free or low-fat Dairy:

Milk  
Yogurt  
Cheese

### Protein:

Beans  
Peanut Butter  
Eggs  
Chicken and Turkey (remove skin, trim fat)  
Tuna

## ● Culinary Inspiration

- Combine black-eyed peas, corn, brown rice, celery, bell pepper, olive oil, lemon juice and seasonings such as those listed below for a delicious side.
- Use dried herbs and spices such as basil, thyme, rosemary, cumin, oregano, parsley, paprika, or cinnamon in place of salt to flavor foods.
- Swap out all or at least half beans in place of meat.
- Scramble broccoli and cheese with eggs for veggies with your breakfast.
- Create a stir fry with vegetables, and a protein and serve over brown rice.
- Roast veggies such as carrots, sweet potato, and onion in olive oil with seasonings like cumin and chili powder.
- Build tacos with black beans, roasted veggies and top with avocado slices and lime juice if available.
- Make a tuna noodle casserole with extra veggies you have available.
- Blend fruits and even greens with Greek yogurt and milk for a smoothie to start your day.
- Sauté kale with olive oil, garlic and lemon juice. Toss in pasta or top with a protein.

## Breakfast

### Overnight No-Cook Banana Oatmeal

**Ingredients:** 2 1/2 cups milk, 1 tablespoon honey, 3 1/2 cups uncooked oatmeal (not instant or quick-cooking), 2 medium bananas (peeled, halved lengthwise, and sliced crosswise), 1/4 cup pecans or walnuts

**Directions:** In a large, resealable container, stir together the milk and honey. Stir in the oatmeal. Cover and refrigerate overnight. Remove the oatmeal from the refrigerator, spoon into bowls and top each with bananas and nuts.

## Lunch

### Tuscan Bean Soup (American Heart Assoc.)

**Ingredients:** 1/2 red onion chopped, 1 rib of celery chopped, 1 minced garlic clove, 2 cups chicken broth, 1 can northern beans (rinsed and drained), 1 can diced tomatoes (undrained), 1 teaspoon oregano, 1 teaspoon thyme, 2 cups fresh or frozen spinach, 1/3 cup grated parmesan cheese, 1 tablespoon olive oil

**Directions:** In a large saucepan heat oil over medium heat. Cook the onion, celery and garlic for 5 minutes. Stir in the broth, beans, tomatoes, oregano and thyme. Increase the heat and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes. Stir in the spinach, simmer covered, for 3 minutes or until spinach is wilted. Ladle into bowl and sprinkle parmesan cheese on top.

## Nutrition Spotlight

### Vitamin A:

- Immunity + Healthy Vision
- Examples
  - Carrots, Green Veggies, Sweet Potatoes

### Vitamin C:

- Wound Healing + Immunity
- Examples:
  - Citrus fruits, Broccoli, Tomatoes

### Vitamin E:

- Forms blood vessels + Immunity
- Examples:
  - Peanut Butter, Broccoli, Spinach

### Vitamin K:

- Blood clotting + Strong Bones
- Examples:
  - Broccoli, Kale, Spinach, Collard Greens

## Dinner

### Tuna and White Bean Salad (Eating Well)

**Ingredients:** 3 tablespoons lemon juice, 2 tablespoons olive oil, 1 clove minced garlic, 1 can cannellini beans (rinsed), 1/2 red onion (chopped), 1 tablespoon parsley, 1 tablespoon basil, 1 6 oz. can tuna (drained and flaked).

**Directions:** Whisk lemon juice, oil, and garlic in a medium bowl. Add beans, tuna, onion, parsley and basil, toss to coat.

### Tuna Burgers (Eating Well)

**Ingredients:** 2 6-oz. cans tuna (drained), 1/2 cup breadcrumbs, 1/2 cup mayo, 1 celery rib (finely chopped), 1 small onion (chopped), 1/2 teaspoon old bay, 1 tablespoon olive oil

**Directions:** Combine tuna, breadcrumbs, 1/4 cup mayo, 1/4 teaspoon Old Bay. Combine 1/4 cup mayo and 1/4 teaspoon old bay seasoning and set aside. Heat oil in a skillet over medium heat. Form four 3-inch burgers. Cook until heated through and golden brown, about 2 minutes on each side. Top each burger with mayo spread.