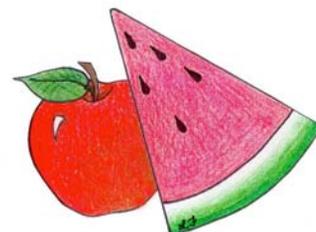


HeartAge™ Diet for High Blood Pressure



The Plate Method

1. Reduce Salt and Sodium. Use reduced sodium or no-salt added products. Read food labels. Choose fruit and vegetables instead of salty snack foods.



2. Fill 1/2 of your plate with a colorful variety of fresh or no salt added vegetables (such as green beans, broccoli, carrots, tomatoes, onions) and/or a large salad.



3. Fill 1/4 of your plate with fish, white meat of chicken or turkey, very lean beef, pork, and low sodium lunch meat, that is 93 to 100% fat free. Trim off the fat and skin. Replace meat with fish or beans.



4. Fill up to 1/4 of your plate with whole grain bread, pasta, rice and/or starchy vegetables such as beans, corn, peas, potatoes or sweet potatoes.



5. Choose low-fat or fat-free milk, yogurt, and reduced salt cheese. Have 2-3 servings a day. (Serving=1 cup of milk or yogurt, 1½-2 ounces of cheese).



6. Have 4-5 servings of fruit as snacks or with your meals. A serving is a medium sized fruit or 1/2 cup of cut up fruit.



7. Choose up to 4 servings of the healthiest fats, such as 1 tsp of olive or canola oil, or 2 Tbs. nuts and seeds. Eat these often.



8. Drink water and low-calorie, low-salt drinks throughout the day.

Tips for lowering salt :

- Keep the salt shaker off the table
- Buy fresh, plain frozen, or “no-salt added” vegetables
- Cook rice, pasta, and hot cereals without salt
- Buy reduced or low salt kinds of frozen dinners, pizza, canned soups

- Use spices instead of salt
- Limit cured foods, pickled foods
- Rinse canned foods to remove salt
- Avoid condiments (MSG, mustard, catsup, barbecue, soy, teriyaki sauce)

For more details go to www.HeartAge.com