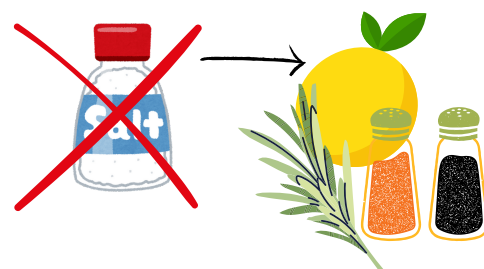
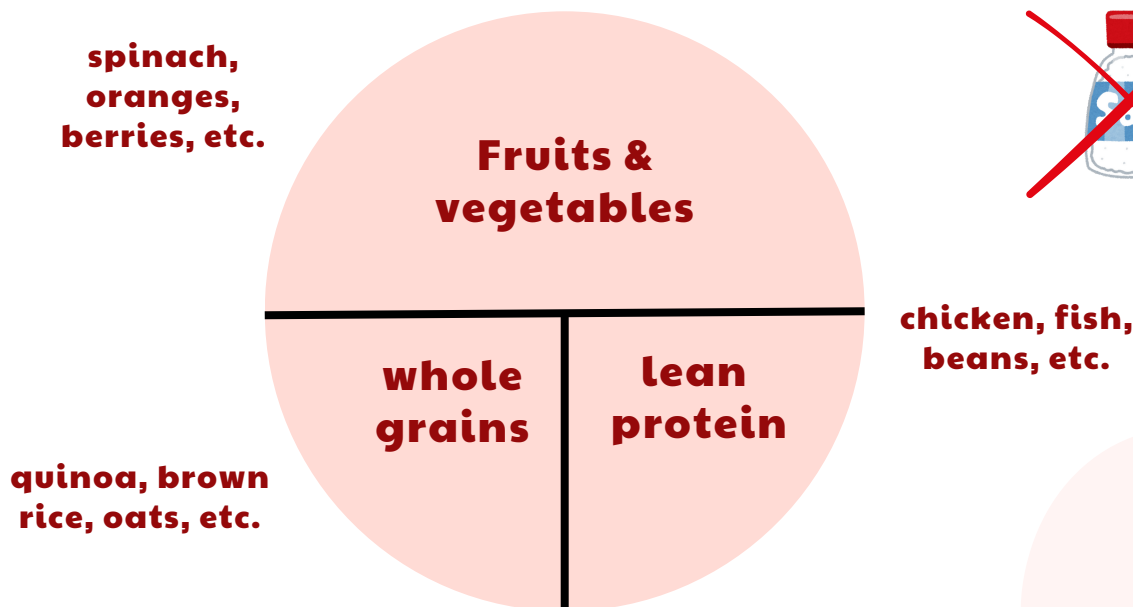


EAT **TO LOWER YOUR** **BLOOD** **PRESSURE**

Build heart-smart meals in minutes!

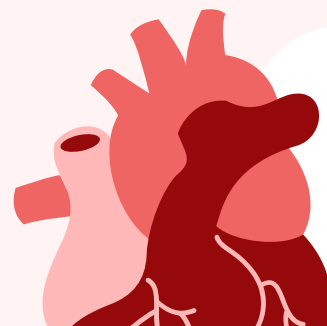


TRY IT!

Meal	My DASH Friendly Idea
Breakfast	
Lunch	
Dinner	
Snack	

DASH Diet Meal Tips

- ✓ **Keep sodium <2,300mg daily**
- ✓ **Aim for 4-5 servings fruits/veg daily**
- ✓ **Include potassium-rich foods like bananas, sweet potatoes, and lentils**





TOP 10

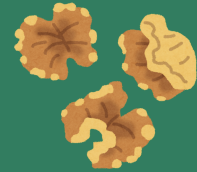
HEART HAPPY SUPERFOODS

BERRIES



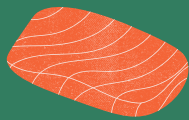
add to oatmeal, yogurt, or smoothies

WALNUTS



crush on top of yogurt or snack on mid morning

SALMON



glaze with balsamic and roast with potatoes

OLIVE OIL



drizzle on steamed vegetables or toss in salads

LEAFY GREENS



add to stir fries or make into a large salad

BEANS



substitute for your usual meal a few times a week

OATS



prep overnight oats for busy mornings

DARK CHOCOLATE



snack on with fresh fruit for an afternoon sweet treat

AVOCADOS



smash on top of toast or mix into salads

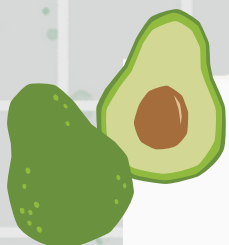
TOMATOES



serve in your favorite sandwich or toss with a leafy green

AIM TO
INCLUDE 3-4
SUPERFOODS
A DAY!



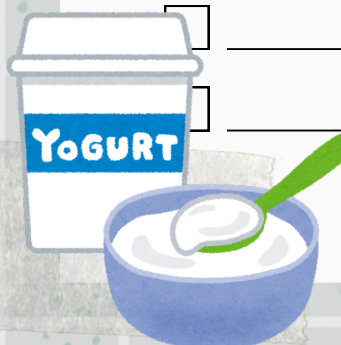


SMART FAT SWAPS

GROCERY LIST



- ☐ _____
- ☐ _____
- ☐ ~~BUTTER~~ → OLIVE OIL
- ☐ _____
- ☐ ~~MAYO~~ → GREEK YOGURT
- ☐ _____
- ☐ ~~CHIPS~~ → UNSALTED NUTS
- ☐ _____
- ☐ ~~ICE CREAM~~ → FROZEN BANANA
- ☐ _____
- ☐ ~~RANCH DRESSING~~ → HUMMUS
- ☐ _____
- ☐ ~~CREAM CHEESE~~ → NUT BUTTER
- ☐ _____
- ☐ ~~SALAD DRESSING~~ → OLIVE OIL
- ☐ _____
- ☐ _____



LOOK FOR:
0 GRAMS TRANS FATS
UNSATURATED FATS

AVOID
HYDROGENATED
OILS



HEART SMART

BANANA OAT COOKIES



Ingredients:

- 1. 2 ripe bananas, mashed
- 1.5 cups rolled oats
- ¼ cup nut butter
- ¼ cup raisins or dark choc chips
- 1 tbsp flaxseeds
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- pinch of salt
- ¼ tsp baking soda

Instructions:

1. Preheat the Oven: Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper or a silicone baking mat.
 2. Mash the Bananas: In a medium-sized bowl, mash the ripe bananas until smooth.
 3. Mix the Ingredients: Add the nut butter, vanilla extract, cinnamon, salt, flaxseeds, and baking soda to the mashed bananas. Stir to combine.
- Add the Oats: Stir in the rolled oats until the mixture is well combined. If you're adding raisins or chocolate chips, fold them in at this stage.
 - Scoop the Dough: Use a spoon or cookie scoop to drop spoonfuls of the dough onto the prepared baking sheet. Flatten the cookies slightly with the back of the spoon to help them spread evenly while baking.
 - Bake: Bake for 10-12 minutes, or until the cookies are golden brown around the edges.
 - Cool and Serve: Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely. Enjoy!

