



Image courtesy of Pixabay.com

Did you Know...

- Nearly half of all adults in the United States have high blood pressure. (60% of adults 65+ in WI)!
- Only about 1 in 4 adults (24%) with hypertension have their condition under control.
- High blood pressure was a primary or contributing cause of death in 2017 for more than 472,000 people in the United States. That's nearly 1,300 deaths each day.

(Source: heart.org)

EAT WELL, AGE WELL. July- High Blood Pressure

You probably know that you should limit salt and sodium intake to help control your blood pressure. But do you realize there are many foods you **CAN EAT** that are delicious and affordable that can help lower your blood pressure?

The DASH Eating Plan "Dietary Approaches to Stop Hypertension." Features foods that are low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and low-fat dairy foods. The DASH eating plan includes whole grains, poultry, fish, and nuts, and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as protein and fiber. Learn more at

<https://www.nhlbi.nih.gov/education/dash-eating-plan>

Many of you monitor your blood pressure at home, which is wonderful! Good for you to take control of your health.

There are some tips on how to monitor it correctly, such as:

- Don't smoke, exercise, or drink caffeinated beverages or alcohol within 30 minutes of checking your blood pressure.
- Sit calmly in a chair, with both feet flat on the floor and your back straight, and don't talk for at least 5 minutes before checking it.
 - Think of your last doctor's visit, did they give you time to sit calmly and not talk for 5 minutes before they checked your blood pressure?

Find more tips at <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

Learn more at [Heart.org/hbp](https://www.heart.org/hbp)

Summer Vegetable Spaghetti

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold so make the full amount and enjoy as leftovers. If you want to make a smaller batch, just cut the amounts in half. What a yummy way to enjoy fresh summer produce.

Ingredients

- 2 C yellow onions, peeled and cut into eighths
- 2 C chopped, peeled, ripe tomatoes
- 2 C thinly sliced yellow and green summer squash
- 1½ C fresh green beans, trimmed
- ⅔ C water
- 2 Tbsp minced fresh parsley
- 1 clove garlic, minced
- ½ tsp chili powder
- ¼ tsp salt and Ground black pepper, to taste
- 1 can (6 oz) no-salt-added tomato paste
- 1 lb. uncooked spaghetti
- ½ C grated parmesan cheese

Directions

1. Combine the first 10 ingredients in a large saucepan; cook for 10 minutes, then stir in the tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions. Drain well.
3. Serve sauce over spaghetti. Sprinkle parmesan cheese on top.

Recipe adapted from: <https://healthyeating.nhlbi.nih.gov/RecipeList>



Check out more Healthy Recipes at:

<https://healthyeating.nhlbi.nih.gov/>

Healthy Recipes Designed for 1-2 People:

<https://foodhero.org/recipes/category/5766>