

SPRING 2019 HEALTH UPDATE

NUTRITION & BLOOD PRESSURE

Did you know that some foods might have the power to lower your blood pressure? Exciting new studies have shown that people with hypertension had lower blood pressure after consuming the following foods:



Please be aware that these foods **should not** replace your blood pressure medications.

Here are some suggestions for healthful snacks and meals that may help to **lower your blood pressure:**

- **Beets**
- **Nuts** (especially walnuts, almonds, and hazelnuts)
- **Cocoa** and **dark** chocolate (in moderation and with lowest sugar possible)
- Low-fat milk and plain yogurt
- **Flaxseeds** or **ground flax**
- **Sesame** oil & **olive** oil
- Tea (**black**, **green**, and hibiscus). Hibiscus tea can interfere with certain medications—ask your doctor before consuming this tea)
- Garlic
- **Whole grain** breakfast cereals
- Berries: **Blueberries**, **raspberries** and **strawberries**.

You don't need to eat all of these foods to receive the benefit. Just add more of those that you like to your diet— and **not just chocolate!**

- Try stir-frying, **beets** and their **greens** with **garlic**, to make a beautiful and satisfying side dish.

- **Flaxseeds** have a delicate nutty flavor that goes well with many foods. You can add it to yogurt, oatmeal, cereal, pancakes,.
- Add chopped **walnuts** or slivered **almonds** to oatmeal, salads, and breakfast cereals for added protein and healthy fat.
- For a great snack, dip **banana slices** into chopped nuts.
- Add unsweetened **cocoa powder** to your smoothie or muffin recipe for a rich and chocolaty treat.
- Try a cup of **black** or **green tea** in place of one of your cups of coffee.
- Whole grain breakfast cereals should have at least 5 grams of fiber per serving and no more than 5 grams of sugar per serving. Examples are **Fiber One**, **Bran flakes**, & **Shredded Wheat**. Throw some **fresh or frozen berries** in for an extra dose of disease fighting compounds.

Sources: <https://todaysdietitian.com/>
<https://www.sciencedaily.com/>

WHAT'S IN SEASON?

CHECK OUT YOUR LOCAL FARMERS' MARKET TO FIND THE FRESHEST LOCALLY GROWN PRODUCE



asparagus	mustard greens
beets	sorrel
broccoli	tat soi
cabbage	lettuce
cauliflower	mushrooms
fiddleheads	parsnips
garlic	snap peas
arugula	snow peas
beet greens	radishes
bok choy	rhubarb
chard	scallions
collard greens	spinach
watercress	sprouts
dandelion	turnips
kale	apples
mizuna	strawberries

UHC WILL BE CLOSED

April

*Saturday 4/20/2019 in
observance of Holy
Saturday*

May

*Monday 5/27/19 in
observance of
Memorial Day*

July

*Thursday & Saturday
7/04/2019 & 7/06/2019 in ob-
servance of
Independence Day*

IN THE KITCHEN

Shaved Radish, Fennel, and Parmesan Salad



Enjoy this crisp, refreshing slaw on its own or pair it with grilled fish or chicken. The mellow flavor of raw fennel balances the radishes' spicy bite. Nutty Parmesan brings it all together.

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
2 teaspoons whole-grain mustard
Coarse salt and ground black pepper
1 bulb fennel, cored and thinly sliced, plus 1/4 cup fronds
5 radishes, thinly sliced
3 tablespoons freshly shaved Parmesan

DIRECTIONS

1. Whisk together oil, lemon juice, and mustard and season with salt and pepper.
2. Toss dressing with fennel bulb and radishes and adjust seasoning if necessary. Top with Parmesan and fennel fronds.

Source: <http://www.marthastewart.com/1050623/shaved-radish-fennel-and-parmesan-salad>