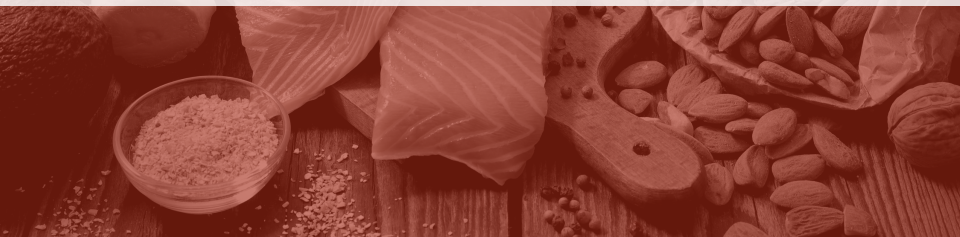




**1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION).
A HEALTHY DIET CAN HELP LOWER YOUR RISK.**



CHOOSE:

- Fruits
- Vegetables
- Lean protein
- Whole grains

TIP: Red foods such as peppers, tomatoes, and cherries are good for your heart!

LIMIT:

- Salt
- Alcohol
- Added sugars
- Packaged foods

TIP: Cold cuts, breads, and canned soups can be sneaky sources of salt!