

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!



- Salt
- Alcohol
- Added sugars
- Packaged foods

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



WorkWell NYC is here to help! Visit nyc.gov/workwellnyc for resources and programs to keep your heart healthy.