



# 2ND HELPING

Just a Little More Help from **United Way Meals on Wheels** October 2022

## How Low Can You Go?

### These Are Some of the Best Foods to Help Lower High Blood Pressure

In addition to not smoking, maintaining a healthy weight, getting regular exercise, avoiding salt and saturated fats and limiting caffeine and alcohol, there are a number of healthy food choices you can make to **help reduce high blood pressure**. These are easy additions or changes to your diet that could have life-saving benefits. So be good to your heart and enjoy!

▪ **Bananas**

The key ingredient in bananas is potassium, which has been shown to reduce tension in the walls of blood vessels. Plus, bananas are quick and easy to eat, portable and taste great. Other good sources of potassium include apricots, lentils, prunes, acorn squash and potatoes.

▪ **Oats**

The type of fiber contained in oats has been found to reduce oxidative stress, which helps prevent high blood pressure. Enjoy a bowl of oatmeal for breakfast, use rolled oats instead of bread crumbs in meat patties and sprinkle oats on yogurt for a healthy dessert.

▪ **Berries, Watermelon and Citrus Fruit**

Blueberries and strawberries are high in antioxidants, which can help lower blood pressure. The amino acid in watermelon works to relax blood vessels and encourage flexibility in arteries. And studies show that an antioxidant in orange juice can help lower systolic blood pressure.

▪ **Leafy Green Vegetables**

Leafy greens are rich in nitrates, which help manage blood pressure and may reduce the risk of cardiovascular disease. Make cabbage, spinach, collard greens or kale part of your regular diet.

▪ **Nuts**

Various studies have found that numerous types of nuts, including walnuts, hazelnuts and pistachios, can improve vascular function and, therefore, blood pressure and heart health.

▪ **Natural Yogurt**

Consuming yogurt has been found to lower systolic blood pressure as well as arterial pressure. And yogurt that contains probiotics can be great for digestion and your immune system, too.

**Questions for Meals on Wheels? Call us at 205.592.0413.**

Source: medicalnewstoday.com

Remove lower portion and return with your kind donation.

**YES!** I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$10    \_\_\_\$25    \_\_\_\$50    \_\_\_\$100    \_\_\_Other \$\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Telephone \_\_\_\_\_



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205.592.0413

You may also donate online at [www.mowjeffco.org/give](http://www.mowjeffco.org/give).

CSH-10/22

# Meals on Wheels Will Be Closed the Following Days

October 10, 2022

November 11, 2022

November 24-25, 2022

December 26-30, 2022

January 2, 2023

January 16, 2023

February 20, 2023

April 7, 2023

April 24, 2023

May 29, 2023

June 5, 2023

June 19, 2023

July 4, 2023

September 4, 2023

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