



Worried About Hypertension?

Evidence shows that consuming dairy foods as a part of a healthy diet is linked with reduced risk for high blood pressure and may help maintain or lower elevated blood pressure. Some of these dairy products include:

- Milk
- Cheese
- Yogurt



The DASH eating plan is based on the DASH trial, which found that following a reduced-fat eating plan including 2-3 servings of dairy foods and 8-10 servings of fruits and vegetables per day lower blood pressure in adults with elevated blood pressure.

Content courtesy of National Dairy Council.



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