

# 1-Day Sample Meal Plan for Healthy Blood Pressure



It's good to be Blue.

Below is a great example of a meal plan that supports a healthy blood pressure:

<b>Breakfast</b>	<p><b>1 cup Cheerios®</b>  <b>8 oz 1% fat milk</b>  <b>1 small apple</b></p>
<b>Snack 1</b>	<b>1 banana</b>
<b>Lunch</b>	<p><b>¾ cup low-sodium chicken salad</b>  <i>(seasoned with celery, lemon juice, onion,  and low-fat mayonnaise)</i>  <b>½ large wheat pita bread</b>  <b>4 sticks of carrots and celery</b>  <b>Ranch vegetable dip (fat free, lower sodium)</b>  <b>6 oz low-fat fruit yogurt</b>  <b>1 cup unsweetened tea</b></p>
<b>Snack 2</b>	<b>½ cup low-fat frozen yogurt</b>
<b>Dinner</b>	<p><b>4 oz baked fish</b>  <b>2 cups pasta primavera</b>  <i>(1 cup wheat pasta, ½ cup steamed broccoli,  ½ cup stewed tomatoes and peppers, fresh herbs)</i>  <b>Spinach salad</b>  <i>(½ cup spinach, 2 cherry tomatoes, 2 slices cucumber,  1 Tbsp raw almonds, 1 Tbsp light dressing)</i>  <b>1 wheat dinner roll</b>  <b>1 cantaloupe wedge</b>  <b>Water with lemon wedges</b></p>

Source: American Dietetic Association