Eating smart à la carte

- 5 ounces arugula, chopped
- Any tough 1 medium tomato, thinly sliced
- 1/2 cup onions, cut into strips
- 1 teaspoon Italian seasoning
- 2 cups broccoli florets, chopped
- 1/2 cup no-salt-added tomato sauce

Coat a baking sheet with cooking spray. Transfer to baking sheet. Bake until lightly crisped on bottom, 8 to 10 minutes. Move to baking sheet. Bake until lightly crisped on bottom, 8 to 10 minutes.

Cook broccoli and onions in water in large skillet over medium heat, 10 minutes. Stir in garlic and arugula and cook, stirring, until they should all become a part of life eventually. A healthier lifestyle, combined with any medicine prescribed, can help manage this condition. High blood pressure happens when the force of your blood against the walls of your arteries is too high. But there are things you can do to help manage this condition.

These are some of the healthier habits a person can adopt to help manage high blood pressure. Doctors can help with this. Take meds. Start smart.

• Start smart.
• Take meds.
• No smoking.
• Cut down on salt.
• Get moving.
• Eat a healthy diet.
• Slow, deep breaths can help de-stress.
• Losing just 1 to 2 pounds a week can help lower blood pressure. Even a loss of just 3 to 5 percent can improve blood pressure. Doctors can help with this.

No smoking. For people who smoke, quitting is the best single thing they can do to help manage high blood pressure. It’s an easy way to work on your heart health. Think of it as another reason to put down the pack. Even if you’re thinking about it, getting started is the hardest part. You might need to try a few times before you make it a permanent change.

Cut down on salt. For some people, high blood pressure can be due to too much salt in their diet. Take a look at how much salt you’re eating. You might be eating too much of it without even realizing it.(

Eating out can be tricky if you’re trying to take care of your heart by watching your diet. But it’s so doable! Just eat lightly at other meals. Order a salad to feel satisfied sooner. Order dressing on the side. Pick a restaurant that offers a range of choices. Or ordering an appetizer instead of a whole meal. By picking a restaurant that’s smart, you can help manage your blood pressure. Eating out doesn’t have to mean eating on your heart. It’s just a matter of thinking a little more about your plate.