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Livre de recettes hypertension

Vous pouvez contrôler votre hypertension sans laisser cette maladie prendre le dessus sur vous. Des études scientifiques ont prouvé que des changements alimentaires simples peuvent aider à abaisser votre tension artérielle. Ce livre vous enseignera comment adopter une alimentation qui protège vos artères, en privilégiant les aliments bénéfiques et en évitant ceux qui sont nocifs pour la santé de vos artères. Vous découvrirez également 45 recettes simples et savoureuses, chacune étant associée à un niveau de protection anti-hypertension précis, grâce au système de repères nutritionnels exclusifs. ****Recipe Collection**** Discover our collection of 13 delicious recipes, featuring fresh and healthy ingredients. Here's a sneak peek at what you'll find: 1. ****Strawberry Melon Yogurt****: A refreshing dessert made with kiwi, melon, and yogurt. 2. ****Zucchini Spaghetti with Cherry Tomatoes and Feta****: A vegetarian dish featuring zucchinis, cherry tomatoes, feta cheese, and herbs. 3. ****Tomato-Melon-Pastèque Gaspacho****: A chilled soup made with melons, tomatoes, pastèque, ham, and spices. 4. ****Green Hummus with Edamames and Avocado****: A creamy dip featuring edamames, avocado, garlic, and lemon juice. 5. ****Grilled Sardines with a Portuguese Twist****: A flavorful fish dish made with sardines, olive oil, herbs, and citrus. 6. ****Quinoa Bowl with Figs, Feta, and Sweet Potato****: A nutritious bowl filled with quinoa, sweet potato, figs, feta cheese, and spices. 7. ****Herb-Crusted Salmon with Lemon and Capers****: A moist salmon dish flavored with lemon, capers, and herbs. 8. ****Marinated Salmon Bowl with Algae, Avocado, and Taboulé****: A unique bowl featuring marinated salmon, algae, avocado, carrot, zucchini, bulgur, and spices. Each recipe is carefully prepared to showcase the beauty of fresh ingredients and creative cooking techniques. Pois chiches with crunchy tahini sauce. Recipes include stuffed Swiss chard leaves with 6 large stalks of Swiss chard, 2 onions, 1 bouquet of mixed herbs (such as mint, coriander, anise, and thyme), 7 dried apricots, 140g of round rice, 2 tablespoons of apple cider vinegar, a pinch of ground cumin, 3 tablespoons of olive oil, salt, and pepper. Discover our recipe for stuffed Swiss chard leaves here. Recipe for spinach shakshuka with 400g of nettle tops, 4 cloves of garlic, 2 tablespoons of olive oil, 80g of thick cream, 4 eggs, half a teaspoon of salt, one-quarter teaspoon of seven spices, and one teaspoon of sumac. Find our recipe for spinach shakshuka here. Hypertension is a chronic condition characterized by systolic pressure (the maximum pressure exerted by the heart when it contracts) above 140mmHg and/or diastolic pressure (measured during heart relaxation) above 90mmHg. This pathologic condition affects one in three adults in France, with only half of those affected aware of their condition. It is often referred to as the "silent killer" due to its potential complications. It is a major risk factor for stroke and cardio-vascular diseases such as heart attack or Alzheimer's disease. Therefore, it is crucial to monitor blood pressure. Lifestyle changes are an essential part of this process. Overweight, poor diet, and stress are known factors contributing to hypertension. A specialist emphasizes the importance of dietary changes in his book, stating that "except for pharmaceutical treatments, all experts insist on hygienic-dietary rules, which revolve around food, physical activity, and fighting stress." For people with hypertension, it is recommended to avoid saturated fats, particularly those from animal sources such as meat, sausage, butter. Reducing salt intake daily and choosing fresh products over processed ones are also advised. Additionally, excessive alcohol consumption should be avoided. On the other hand, adding foods with a low glycemic index, such as avocado, almonds, tofu, or apples, to one's diet is encouraged. Stocking up on fruits, vegetables, omega-3 fatty acids (colza and soybean oil, fish...), and whole grains can also help. Find five delicious and healthy recipes that can help manage blood pressure on the following pages, taken from a doctor's book that provides guidance on managing hypertension.