

“Lower the Pressure”

Recipe Contest

Heart healthy recipes that are easy to make and taste good, too!



Submissions due May 31st



Open to all employees and adult Health Plan members.



**5 Finalists win a \$25 gift certificate*.
1 grand prize winner wins an air fryer!**

Rules

RECIPES MUST BE HEART HEALTHY

Following the principles of the DASH diet can reduce blood pressure and thus risk of heart attack, stroke, & kidney failure, and can help with weight loss. This means lots of fruits and veggies, lean protein, low-fat dairy, and whole grains while keeping sodium, saturated fat, and sugar to a minimum.

The DASH diet emphasizes three minerals: potassium, calcium and magnesium.

- **Foods high in potassium** include avocados, bananas, beets, oranges, spinach, sweet potatoes and tomatoes.
- **Foods high in calcium** include dark leafy greens, milk, yogurt, low fat cheese, broccoli and almonds.
- **Foods high in magnesium** include dark leafy greens, nuts, seeds, fish, beans, whole grains, avocados, yogurt and bananas.

RECIPES SHOULD BE PREPARED USING A HEALTHFUL COOKING METHOD

Healthful cooking methods include baking, broiling, microwave, grilling, stir fry, etc. or no cooking at all!

ORIGINAL RECIPES ONLY

All recipes should be your own creation. Recipes copied from a cookbook, magazine or your favorite blogger (or similar) will not be accepted.

SEND ALL SUBMISSIONS VIA EMAIL, INTEROFFICE, OR MAIL TO FLOREY MILLER

Email: fmiller@manateeyourchoice.com

Phone: 941.748.4501 x6410

Interoffice: Employee Health Benefits

Mail: 5213 4th Ave Circle E., Bradenton, FL 34208

Don't forget to include your name, phone, and email!

WINNER SELECTION

The YourChoice team will select 5 finalists based on the following criteria:

- Adheres to the DASH diet principles
- Follows a healthful cooking method
- Recipe is easy to make (i.e. beginner-friendly)
- Tastes good!

Finalists and their recipes will be announced on or around June 12th. Employees, YourChoice members, friends, and family will then vote for their favorite. The recipe with the most votes will win the grand prize.

NOTE: By submitting a recipe you are providing Manatee YourChoice the right to use your name and recipe for promotional purposes.

**Prizes sponsored by Aetna.*