

# Health Bites: Mediterranean Style of Eating

## Video: Health Bites: [Let's Make Sofrito!](#)

May 17 is World Hypertension Day. Hypertension means high blood pressure. High blood pressure can damage your blood vessels and can increase your risk of heart attack and stroke.

Nutrition and lifestyle choices, such as following a Mediterranean style of eating, can help manage your blood pressure and reduce risk of heart disease. Eating plenty of vegetables and fruits is a part of this way of eating.

Sofrito is a way to add more vegetables to your diet. It is a sauce used in Mediterranean cooking made with tomatoes, garlic, onions and peppers. It has fibre, vitamins, antioxidants, and is low in sodium.

Looking for more ideas?

- Learn more about [Mediterranean Style of Eating](#)
- Find ways to [Eat More Vegetables and Fruits](#)

