



LET'S COOK
WITH
PENN STATE
EXTENSION

WITH THE RIGHT RECIPE, PROPER TECHNIQUES,
AND A LITTLE INSPIRATION,
COOKING HEALTHY MEALS JUST GOT EASIER.

THE DASH DIET

Research shows that eating plans focused on fruits, vegetables, and low-fat dairy products help lower blood pressure. This hands-on cooking class follows the DASH eating plan, designed to help treat and prevent high blood pressure. Learn about correct portion sizes and how to prepare and eat a variety of foods that help create a heart-healthy eating style for life.

You will enjoy a generous taste of every dish we create!

WHAT ARE YOU WAITING FOR? LET'S COOK WITH PENN STATE EXTENSION!

Sign up online at extension.psu.edu/lets-cook-dash or call 877-345-0691.

See all the cooking classes we offer at extension.psu.edu/lets-cook.



PennState Extension

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