病2：Chronic Gastritis

病1：Hypertension：

High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

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Description:

Lean meat:

Lean beef can be enjoyed as the predominant protein source in a DASH-like diet, along with fruits, vegetables and low-fat dairy, to effectively help lower blood pressure in healthy individuals, the researchers report in the Journal of Human Hypertension.

Low-salt cheese:

Blood Pressure UK said on their website: “Salt makes your body hold on to water. If you eat too much salt, the extra water stored in your body raises your blood pressure. So, the more salt you eat, the higher your blood pressure.