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# Top Midnight Snacks to Lower Blood Pressure

## Description

Late-night snacking is a common habit, with half of adults indulging after 8 p.m. However, for those with high blood pressure, reaching for salty snacks like chips might not be the wisest choice due to their high sodium content, which can increase blood pressure. Instead, dietitians advocate for kefir—a fermented milk beverage—as a healthier alternative. This delightful drink is teeming with probiotics, magnesium, and potassium, all of which contribute to maintaining or even improving blood pressure levels.

Kefir is much more than just a tasty treat; it's a beneficial elixir for heart health. Probiotics in kefir can enhance digestion, balance gut flora, and boost both immune and brain functionality. Some studies suggest that kefir's probiotics can lower cholesterol and, subsequently, blood pressure. Although further research is needed, preliminary findings reveal a positive trend.

Furthermore, kefir boasts rich potassium content, rivaling that of bananas. This mineral aids in relaxing blood vessel walls, thereby helping to reduce blood pressure. Research underscores that a potassium-rich diet can significantly lower blood pressure, an essential consideration for anyone aiming to keep hypertension in check.

Moreover, kefir contains magnesium, which not only helps relax blood vessels but also supports muscle and nerve function. These properties can help improve sleep quality, indirectly benefiting blood pressure control.

Kefir's naturally low sodium level—just 97 mg per cup—makes it an excellent late-night snack option. Expert nutritionists recommend opting for snacks low in sodium yet rich in potassium, magnesium, and fiber to effectively manage blood pressure. Therefore, next time you're battling the late-night munchies, consider pouring yourself a refreshing glass of kefir for a healthful and satisfying choice.

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## Vocabulary List:

1. **Probiotics** /ˌprəʊ.bai'ɒt.ɪks/ (noun): Microorganisms that provide health benefits to the host when consumed in adequate amounts.
2. **Sodium** /'səʊ.di.əm/ (noun): A chemical element that is important for maintaining fluid balance in the body but can increase blood pressure when consumed in excess.
3. **Hypertension** /ˌhaɪ.pər'ten.jən/ (noun): A condition characterized by persistently elevated blood pressure.
4. **Magnesium** /mæg'niː.zi.əm/ (noun): A mineral that plays a role in various bodily functions including muscle and nerve function and regulation of blood pressure.
5. **Elixir** /'ɪlɪk.sɪr/ (noun): A substance believed to bring about a cure or a beneficial effect.
6. **Indulging** /ɪn'dʌl.dʒɪŋ/ (verb): Allowing oneself to enjoy something typically something that is considered a treat or luxury.



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What does the term "mandate" refer to?  
Option: A. A formal order or commission to do something.  
Option: B. A type of tropical fruit.  
Option: C. A musical instrument.  
Option: D. A scientific theory.
2. What can cause sudden increases in the number of cases of a specific disease?  
Option: A. Outbreaks  
Option: B. Endemics  
Option: C. Vaccines  
Option: D. Quarantines
3. Which of the following helps maintain a healthy balance of gut bacteria?  
Option: A. Probiotics  
Option: B. Antibiotics  
Option: C. Analgesics  
Option: D. Antihistamines
4. What term refers to the monitoring of behavior activities or other changing information for the purpose of influencing managing directing or protecting?  
Option: A. Surveillance  
Option: B. Interference  
Option: C. Censorship  
Option: D. Repression
5. How is a pathogen spread from one host to another?  
Option: A. Transmission  
Option: B. Creation  
Option: C. Isolation  
Option: D. Absorption
6. Which branch of medicine deals with disorders of the nervous system?  
Option: A. Neurology  
Option: B. Gynecology  
Option: C. Dermatology  
Option: D. Radiology



7. Which term describes a peaceful and calm environment?

- Option: A. Serene
- Option: B. Chaotic
- Option: C. Dynamic
- Option: D. Energetic

8. What medical condition is characterized by high blood pressure?

- Option: A. Hypertension
- Option: B. Hypotension
- Option: C. Hyperthermia
- Option: D. Hypoglycemia

9. What is the process of removing moisture from something?

- Option: A. Desiccation
- Option: B. Hydration
- Option: C. Evaporation
- Option: D. Sublimation

10. What term is used for a magical or medicinal potion?

- Option: A. Elixir
- Option: B. Poison
- Option: C. Concoction
- Option: D. Tonic

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. It is important to \_\_\_\_\_ monitor the situation to prevent any security breaches.

12. The illness was caused by the parasite known as \_\_\_\_\_.

13. Doctors identified harmful \_\_\_\_\_ in the patient's blood sample.

14. The teacher warned the students not to consume \_\_\_\_\_ amounts of sugar.

15. High levels of pollution are a \_\_\_\_\_ to respiratory problems.

16. Aquatic organisms have adapted to survive in varying levels of \_\_\_\_\_ in the water.

17. Her remarkable \_\_\_\_\_ allowed her to recover quickly from setbacks.



18. Processed foods often contain high levels of \_\_\_\_\_ .
19. While on vacation she enjoyed \_\_\_\_\_ in delicious local cuisine.
20. The increase in COVID-19 cases led to a rise in \_\_\_\_\_ in the region.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

|                                                                                          |
|------------------------------------------------------------------------------------------|
| 21. The rapid spread of the virus was to health officials.                               |
| 22. The government decided to implement an to control the escalating crime rates.        |
| 23. Planting trees is a way of the effects of climate change.                            |
| 24. The study focused on the children's development and problem-solving skills.          |
| 25. The geologist studied the of sediments in the riverbed.                              |
| 26. Conservation efforts aim to protect diverse around the world.                        |
| 27. The pool water quickly disappeared due to under the scorching sun.                   |
| 28. The detective found the fingerprint on the murder weapon.                            |
| 29. Eating leafy greens can provide essential nutrients like for proper muscle function. |
| 30. The process of removes moisture from wet surfaces.                                   |

## Answer

**Multiple Choice:** 1. A. A formal order or commission to do something. 2. A. Outbreaks 3. A. Probiotics  
4. A. Surveillance 5. A. Transmission 6. A. Neurology 7. A. Serene 8. A. Hypertension 9. A. Desiccation 10. A. Elixir

**Gap-Fill:** 11. vigilantly 12. cryptosporidium 13. pathogens 14. excessive 15. precursor 16. salinity 17. resilience 18. sodium 19. indulging 20. hospitalizations

**Matching sentence:** 1. alarming 2. intervention 3. mitigating 4. cognitive 5. deposition 6. ecosystems  
7. evaporation 8. matching 9. magnesium 10. evaporation

## CATEGORY

1. Health - LEVEL4

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