Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 4:35 AM. The hash chain at the bottom of this document cryptographically links the audit entry to every prior verification — back to the genesis record.

Audit #43 | Scenario: healthcare | Model: claude-sonnet-4-5-20250929 | Latency: 17,352ms

VERIFIED ARTICLE

The DASH eating plan stands for Dietary Approaches to Stop Hypertension. It's a way of eating that was developed by researchers funded by the National Institutes of Health to help lower blood pressure without medication. The plan focuses on eating plenty of fruits, vegetables, whole grains, and low-fat dairy products, while cutting back on foods high in saturated fat, cholesterol, and sodium. Studies have shown that people who follow the DASH plan can see their blood pressure drop in as little as two weeks.

Supported (similarity 0.58) — CDC

DASH works by giving your body more of the nutrients that help control blood pressure, especially potassium, calcium, and magnesium. These minerals help balance the amount of sodium in your cells and relax your blood vessel walls. The original research, published in the New England Journal of Medicine in 1997, found that DASH lowered blood pressure in people with and without hypertension. When combined with reducing sodium intake, the effects were even stronger.

Supported (similarity 0.57) — CDC

On the DASH plan, you'll eat more servings of vegetables, fruits, and whole grains than you might be used to, along with fish, poultry, beans, nuts, and seeds. You'll limit red meat, sweets, and sugary drinks. The plan also emphasizes reducing sodium—ideally to less than 2,300 milligrams per day, or even 1,500 milligrams for greater blood pressure benefits. If you're interested in trying DASH, talk with your doctor or a registered dietitian. They can help you create a personalized plan that fits your health needs and lifestyle.

Supported (similarity 0.56) — CDC, CDC

'Disclaimer auto-injected by AssuredAI

SOURCES CITED · 2

CDC **Preventing High Blood Pressure**
CDC · https://www.cdc.gov/high-blood-pressure/prevention/index.html

CDC **About High Blood Pressure**
CDC · https://www.cdc.gov/high-blood-pressure/about/index.html

COMPLIANCE METADATA

OUTCOME
answered

SCENARIO
healthcare

PII DETECTED (INPUT)
No

PII DETECTED (OUTPUT)
No

DISCLAIMER
Auto-injected

LATENCY
17,352ms

VERIFIED AT
May 15, 2026 at 4:35 AM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 98c98d3059c93ecc53db49eabf1ae8cbf6bf0da2124679dbd07762ad6b3cc123
this:     a1389bb3b3ac68c7ac0aa8811c177307169e126fb9d6061aab5bd21ec795fa3d
```

Re-verify this proof at any time: visit /v/43 and click **Verify chain**. Each entry hashes the previous entry's hash with SHA-256, so altering any historical row breaks every entry that follows.