Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 5:13 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 #52 | Scenario: healthcare | Model: claude-sonnet-4-5-20250929 | Latency: 16,575ms

VERIFIED ARTICLE

What is the DASH eating plan and how does it help blood pressure? The DASH eating plan is a way of eating that was designed by researchers to help lower blood pressure without medication.

Supported (similarity 0.65) — CDC, CDC

What it is — DASH stands for Dietary Approaches to Stop Hypertension. It focuses on eating plenty of vegetables, fruits, and whole grains, along with low-fat dairy, fish, poultry, beans, and nuts. The plan limits foods high in saturated fat, like fatty meats and full-fat dairy, and cuts back on salt, sweets, and sugary drinks.

Supported (similarity 0.55) — CDC

How it works — Studies show that DASH can lower blood pressure in just a few weeks. The plan is rich in potassium, calcium, and magnesium—minerals that help your body manage blood pressure. It also reduces sodium, which is especially important because too much salt can raise blood pressure. Research funded by the National Institutes of Health found that people following DASH had significant drops in both systolic and diastolic blood pressure, with even greater benefits when they also reduced their sodium intake.

Supported (similarity 0.58) — CDC, CDC

Getting started — You don't have to change everything at once. Start by adding an extra serving of vegetables at dinner or choosing fruit instead of sweets for snacks. Swap white bread and pasta for whole grain versions, and try using herbs and spices instead of salt to flavor your food. Your doctor or a registered dietitian can help you create a DASH plan that fits your health needs, food preferences, and lifestyle.

Unsourced — editor review recommended (top similarity 0.49)

'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
i dont know

SCENARIO
healthcare

PII DETECTED (INPUT)
No

PII DETECTED (OUTPUT)
No

DISCLAIMER
Auto-injected

LATENCY
16,575ms

VERIFIED AT
May 15, 2026 at 5:13 AM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 2519ad013a1ebb213ce1298eece794c2fea142ba57b062c05150deac7a9f993f
this:     6759f8eb1ca87d1ac30e483c3205a17281b7c5ead0dbf911e8329d93ef141745
```

Re-verify this proof at any time: visit /v/52 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.