

Hidayati Miftakhul Jannah
NIM C2016068
Sarjana Keperawatan

Dosen pembimbing
1. Mursudarinah, M.Kes
2. Siti Fatmawati, M.Kep

HEALTHY JUICE RECIPES FOR HYPERTENSION PATIENTS

SUMMARY

Background: Hypertension is the number one cause of death in the world and it is estimated that the number of hypertension sufferers will continue to increase along with the population growth. One of the non-pharmacological treatments to control blood pressure is the consumption of fruits and vegetables that are recommended for people with hypertension. One way that you can do to make fruits and vegetables more enjoyable and refreshing is by making them juices. The pocket book is chosen to provide health information that can summarize information effectively and attractively. **Purpose:** Increase the knowledge of hypertension sufferers so that they can understand hypertension, the causes of hypertension, hypertension classification, hypertension risk factors, the process of hypertension, treatment of hypertension, the benefits of fruits and vegetables and recommended juice recipes for hypertension sufferers. **Method:** A pocket book entitled "Healthy Juice Recipes for Patients with Hypertension" was chosen as a medium of communication in providing health information to people with hypertension. **Conclusion:** The pocket book entitled "Healthy Juice Recipes for Patients with Hypertension" contains important information along with real illustrations that can make it easier for people with hypertension to understand the material. This pocket book is expected to be useful as an educational medium for hypertension sufferers to lower blood pressure

Keywords: Blood Pressure, Juice Recipe, Pocket Book

