

Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 4:04 PM. The hash chain at the bottom of this document cryptographically links the audit entry to every prior verification — back to the genesis record.

Audit #60

Scenario: healthcare

Latency: 5,292ms

VERIFIED ARTICLE

The DASH eating plan emphasises fruits, vegetables, whole grains, and low-fat dairy to help lower blood pressure in adults. Adults should aim for at least 150 minutes of moderate-intensity physical activity per week, such as brisk walking. Limiting sodium to less than 2,300 milligrams per day and avoiding excess alcohol also help maintain healthy blood pressure. This information is for educational purposes only and is not a substitute for professional medical advice. Always consult a qualified clinician about your individual health needs.

Supported (similarity 0.68) — CDC, CDC, CDC

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

PII DETECTED (INPUT)

No

LATENCY

5,292ms

SCENARIO

healthcare

PII DETECTED (OUTPUT)

No

VERIFIED AT

May 16, 2026 at 4:04 PM

CRYPTOGRAPHIC FINGERPRINT

previous:

768aa80ac548cdc2fd8ef7c95d839703ca552ff3fed8956dd0a1c2df599176b4

this:

ba08bf3dc5ff04493f51f5b331084504431f4b2484caec627a71f78fb1a1091e

Re-verify this proof at any time: visit /v/60 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.

