

Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 8:33 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 #68

Scenario: healthcare

Latency: 5,429ms

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
5,429ms

SCENARIO
healthcare

PII DETECTED (OUTPUT)
No

VERIFIED AT
May 16, 2026 at 8:33 PM

CRYPTOGRAPHIC FINGERPRINT

previous: 8c06918bd80e75961f948fe5d87931ac4705d07423144c1e694c3e2c5a55180b
this: 3693796a5e57e2fc5a7d055ed046cea5c1e02c9ca45f9c5c40b7d1e4d8d02636

Re-verify this proof at any time: visit /v/68 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.

