



DASH

Dietary Approaches to Stop Hypertension

Who: The DASH diet is the antihypertension diet that you can live with, in every sense of the word.

What: The plan is to lower blood pressure by following good dietary habits rather than focusing on one nutrient like sodium.

How: The DASH diet, rich in fruits and vegetables, grains and low-fat dairy products has proven effective in reducing blood pressure without major salt restrictions (3 grams a day), weight loss or drugs.

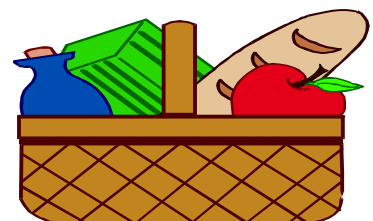
When: On average, patients in one study saw blood pressure drop within two weeks. Do not be surprised with some weight loss since the diet is also low in fat (less than 30 percent of daily calories), saturated fat and cholesterol.

Next: You will find charts which can be used as quick reference when shopping, planning and preparing meals and snacks. In the first chart each food group is listed with the number of servings needed each day. There is a list of foods included in each food group and their roles in providing adequate nutrition. The second chart gives examples that will be useful in determining and familiarizing you with a single serving size of different foods in each group.

Each component of this combination diet has a role in combating high blood pressure while providing adequate nutrition. The diet is not only rich in fruits, vegetables, whole grains, and low-fat dairy foods but low in saturated and total fat. It is also low in cholesterol and high in dietary fiber, potassium, calcium, and magnesium. The diet is moderately high in protein.

When learning to eat the DASH diet, start slowly and make gradual changes in your usual diet. Begin by making carbohydrates, fruits and vegetables the core of meals instead of the high-protein foods. Make your snacks and desserts low-fat and low-calorie: fruit, pretzels, nonfat yogurt, diet drinks and whole-grain crackers.

Remember, high blood pressure can be controlled and you are in charge. So make healthy lifestyle changes that you can live with!



Building Blocks of An Antihypertension Diet

Serving plan is based on 2,000 calories a day. The number of servings may vary with caloric needs.

Food Group	Servings*	Examples	Rich Sources Of:
Grains & Grain Products	7 to 8	Whole wheat bread, English muffins, pita bread, bagels, cereals, grits, oatmeal	Energy & fiber
Vegetables	4 to 5	Tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, spinach, artichokes, beans, sweet potatoes	Potassium magnesium & fiber
Fruit	4 to 5	Apricots, prunes, dates, grapes, melons, bananas, raisins, strawberries, tangerines, oranges, grapefruit, orange & grapefruit juice, mangoes, melons, peaches, pineapples, prunes	Potassium magnesium & fiber
Low-fat & Nonfat Dairy	2 to 3	Skim or 1% milk or buttermilk, non- or lowfat yogurt, part-skim mozzarella, non-fat cheese	Protein, calcium magnesium
Meats, Poultry Fish	2 or less	Only lean meats-visible fat trimmed & broiled, roasted, or boiled-not fried; Poultry with skin removed	Protein magnesium
Nuts, Seeds, & Legumes	4 to 5 a week	Almonds, filberts, mixed nuts, peanuts walnuts, sunflower seeds, kidney beans, lentils	Energy, protein magnesium, potassium, fiber

Source: National Institutes of Health

*Per day, unless otherwise noted

Bread Group:

whole grain, enriched breads	1 slice
hamburger bun or English muffin roll, biscuit or muffin	1 half
crackers	1 small
cooked cereal, rice or pasta	2 large
ready-to-eat cereal	1/2 cup
	3/4 cup

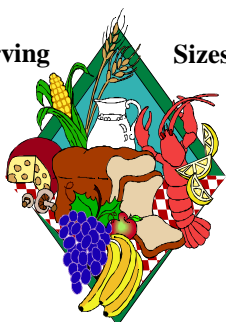
Vegetables:

dark green leafy	1 cup
deep yellow	1/2 cup
starchy	1/2 cup
other vegetables	1/2 cup

Fruits:

apple, banana, orange, pear	1 piece
grapefruit	1/2
melon	1 wedge
berries, fruit juice, canned fruit	1/2 cup
dried fruit	1/4 cup

Serving Sizes



Milk Group:

milk & yogurt	1 cup
cheese	1 1/2 oz
1 oz cheese = 1 slice or 1" cube	
processed cheese	2 oz

Meat Group:

lean beef, pork, lamb, veal, poultry, fish, liver, & other organ meats	3 oz
eggs	1 egg = 1 1/2 oz meat
peanut butter	2 Tbs. = 1 oz meat
dry beans & peas	1/2 cup = 1 oz meat

Nuts: 1.5 oz or 1/3 cup

Seeds: .5 oz or 2 Tbs.

Other Foods:

Butter, margarine, oils, mayonnaise, salad dressings, sodas, desserts, candy, jellies, snack foods & alcohol

Eat only in moderation

