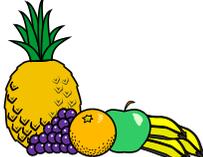


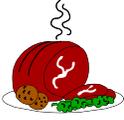
DASH Eating Plan

The **D**ietary **A**pproaches to **S**top **H**ypertension (DASH) eating plan is a way of eating that helps lower high blood pressure. It is low in total fat, saturated fat, and cholesterol. It is rich in fruits, vegetables, and fat free or low fat dairy products. This eating plan also includes whole grain products, fish, poultry and nuts. It is reduced in lean red meat, sweets, added sugars and sugary beverages. This eating plan is rich in potassium, magnesium and calcium, as well as protein and fiber.

Lower sodium diets also may reduce blood pressure. People on the DASH eating plan who also lower their sodium intake further improve their blood pressure.

Following the DASH Eating Plan

Food Group	Serving Sizes	Examples of Foods	Value to the DASH Eating Plan
Grains & grain products 6-8 servings per day	<ul style="list-style-type: none"> • 1 slice bread • 1 oz dry cereal • 1/2 cup cooked rice, pasta, or cereal 	Whole wheat bread, rolls or pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables 4-5 servings per day	<ul style="list-style-type: none"> • 1 cup raw leafy vegetables • 1/2 cup cooked vegetables • 1/2 cup low sodium vegetable juice 	Broccoli, carrots, cauliflower, cucumbers, leafy greens, green beans, peas, potatoes, peppers, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits 4-5 servings per day 	<ul style="list-style-type: none"> • 1 medium fruit • 1/4 cup dried fruit • 1/2 cup fresh, frozen, or canned fruit • 1/2 cup fruit juice 	Apples, apricots, bananas, dates, grapes, grapefruit, mangoes, melons, oranges, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber

Food Group	Serving Sizes	Examples of Foods	Value to the DASH Eating Plan
Fat-free or low fat milk and milk products 2-3 servings per day 	<ul style="list-style-type: none"> • 1 cup milk • 1 cup yogurt • 1 1/2 oz cheese 	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduced-fat cheese; fat-free or low fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish No more than 2 servings per day	<ul style="list-style-type: none"> • 3 oz cooked meats, poultry, or fish 	Select only lean meat; trim away visible fat; broil, roast, or boil instead of fry; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes 4-5 per servings per week 	<ul style="list-style-type: none"> • 1/3 cup or 1 1/2 oz nuts or seeds • 2 Tbsp peanut butter • 1/2 cup cooked legumes (dry beans and peas) 	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and Oils 2-3 servings per day 	<ul style="list-style-type: none"> • 1 tsp soft margarine • 1 Tbsp low fat mayonnaise • 2 Tbsp light salad dressing • 1 tsp vegetable oil 	Soft margarine, low fat mayonnaise, light salad dressing, vegetable oil (such as olive, canola, corn, or safflower)	DASH eating plan is heart healthy because it contains less than 30% of its calories from fat.
Sweets and added sugars 5 or less servings per week	<ul style="list-style-type: none"> • 1 Tbsp sugar • 1 Tbsp jelly or jam • 1/2 oz jelly beans • 1/2 cup regular soda • 1 cup lemonade 	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet	Sweets should be low in fat and limited by people with diabetes

Tips on Eating the DASH Way



- Start small. Make gradual changes in your eating habits.
- Center your meal around foods that contain fiber, such as whole wheat bread, whole wheat pasta, brown rice, beans, or vegetables.
- Treat meat as a small part of the whole meal, instead of the main focus. Have only 3 ounces of meat at a meal, which is about the size of a deck of cards.
- Choose low-fat or fat-free dairy products.
- Use fruit or sugar-free gelatin as desserts and snacks.
- If you drink alcohol, limit it to one serving per day for women and two servings per day for men to keep blood pressure from rising. One serving of alcohol is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard alcohol.
- Use products that are low in sodium or have no added salt.
- Buy fresh or frozen vegetables. Use canned vegetables with “no salt added”.
- Choose ready-to-eat breakfast cereals that are low in sodium.
- Cut back on cured and brined foods. Use spices instead of salt. Substitute lemon, lime, vinegar, or salt-free seasoning blends.
- Choose convenience foods less often. When you do choose convenience foods, focus on choices that are low in sodium.

The DASH Eating Plan Sample Menu (based on 2000 calories/day)

2300 mg Sodium Menu	Substitutions to ↓ Sodium to 1500 mg	Number of DASH Servings Provided
Breakfast		
3/4 cup bran flakes cereal	3/4 cup shredded wheat	1 grain
1 slice whole wheat bread		1 grain
1 medium banana		1 fruit
1/2 cup fruit yogurt, fat-free, no sugar added		1/2 milk product
1 cup low-fat milk		1 milk product
1 tsp soft (tub) margarine	1 tsp unsalted margarine	1 fat
Lunch		
Chicken salad	Unsalted chicken salad	1 poultry
2 slices whole wheat bread		2 grain
1 Tbsp Dijon mustard	1 Tbsp regular mustard	
Salad:		
-1/2 cup tomato wedges		1 vegetable
-1/2 cup cucumber slices		1 vegetable
-1 Tbsp sunflower seeds		1/2 nuts
-1 tsp Italian dressing, reduced calorie		
1/2 cup fruit cocktail, juice packed		1 fruit
Dinner		
3 oz beef, eye of round		1 meat
2 Tbsp beef gravy, fat-free		
1 cup green beans, sautéed with		2 vegetable
1/2 tsp canola oil		1/2 fat
1 small baked potato:		1 vegetable
1 Tbsp sour cream, fat-free		
1 Tbsp grated cheddar cheese, natural, reduced-fat	2 Tbsp cheddar cheese, reduced-fat, low sodium	
Whole wheat dinner roll		1 grain
1 tsp soft margarine	1 tsp unsalted margarine	1 fat
1 small apple		1 fruit
1 cup low fat milk		1 milk
Snack		
1/3 cup almonds, unsalted		1 nut
1/4 cup raisins		1 fruit
1 orange		1 fruit