

# HIGH BLOOD PRESSURE:

## The DASH Diet



With your busy schedule, sometimes you have to just dash into the market and get something quick. So why not pick up something rich in whole grains, vegetables, or fruits? The DASH diet plan includes foods that are naturally low in sodium and contain nutrients such as potassium, magnesium, and calcium that may help lower your blood pressure. Even if you don't have high blood pressure, eating in this heart-healthy way can help prevent your blood pressure from rising as you get older.

### Getting Started

- Start small. Make gradual changes in your eating habits. If you eat 1 or 2 vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have only juice at breakfast, add a serving to your meals. Eat fruit as a snack.
- Use only half the butter, margarine, or salad dressing as you do now.
- Gradually increase dairy products to 2 or 3 servings per day. Choose low fat or fat free dairy products.

### Add Some DASH To Your Diet

- Snacks—fresh or dried fruits and unsalted nuts are easy to carry. At home try cereal with milk, yogurt, or raw veggies. Make dip for veggies with low fat yogurt and spices or your favorite seasoning mix.
- Add veggies—to pizza, casseroles, soup, sandwiches, or baked potatoes.
- Drinks—enjoy non-fat milk, blender drinks, or fruit juice.
- Cut back on meat—treat meat as a part of a meal instead of the focus. Cut back on meat gradually. Include 2 or more vegetarian style (meatless) meals each week.

### REDUCE SALT AND SODIUM.

- Read food labels to select foods lower in sodium. Aim for a target of 1500 to 2300 mg sodium per day.
- Instead of seasoning with salt, use herbs, herbal blends, and spices like oregano, thyme, paprika, nutmeg, turmeric, or coriander to flavor foods when cooking.
- Limit or avoid high sodium foods like smoked, cured, or processed foods; convenience foods; fast foods; high sodium condiments; and highly salted snacks and sauces, mixes, and “instant” products.
- Try cooking with fresh garlic, onion, or lemon.
- Use fruit juices or vinegar to marinate meats.
- When eating out try banking your sodium by choosing low sodium foods at other meals during the same day.
- Reduce sodium in restaurant meals by downsizing not supersizing. A typical fast food meal may contain half your sodium for the day.

# The DASH way to eating well

(based on a 2000 calorie diet)

FOOD GROUP	SERVINGS	ONE SERVING EQUALS	HEALTHY EXAMPLES AND NOTES
<b>Whole grains and grain products</b>	6 to 8 per day	1 slice bread 1 oz. dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, whole grain cereals, grits, oatmeal, tortillas, pasta, brown rice
<b>Vegetables</b>	4 to 5 per day	1 cup raw, leafy vegetables ½ cup cooked vegetable ¾ cup low sodium vegetable juice	Tomatoes, potatoes, carrots, peas, broccoli, turnip greens, collard greens, kale, spinach, artichokes, green beans, sweet potatoes
<b>Fruits</b>	4 to 5 per day	½ cup fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, raisins, strawberries, tangerines
<b>Low fat or fat free dairy foods</b>	2 to 3 per day	1 cup milk 1 cup yogurt 1½ oz. cheese	Fat-free or 1% milk, fat-free or low-fat buttermilk, fat-free or low-fat yogurt, part skim mozzarella cheese, fat-free cheese
<b>Meats, poultry, or fish</b>	2 or less per day	3 oz. cooked meat, poultry, or fish	Select only lean cuts. Trim away visible fat. Broil, roast, or boil instead of frying. Remove skin from poultry.
<b>Nuts, seeds, and legumes</b>	4 to 5 per week	⅓ cup nuts 2 Tbsp. seeds ½ cup legumes 2 Tbsp. peanut butter	Kidney beans, garbanzo beans, lentils, almonds, filberts, peanuts, walnuts, sunflower seeds
<b>Fats, oils</b>	2 to 3 per day	1 tsp. oil 1-2 Tbsp. salad dressing 1 tsp. margarine 1 Tbsp. mayonnaise	Canola, olive oil, low-fat salad dressing, soft tub margarine

# Sample DASH Menu

## BREAKFAST

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Apple juice - ½ cup  
Bran cereal - ¾ cup  
Fat-free milk - 1 cup  
Banana - 1 small  
Whole wheat bread - 1 slice  
Soft margarine - 1 tsp.  
Jelly - 1 tsp.

## LUNCH

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Chicken sandwich:  
Chicken breast, no skin - 3 oz.  
Low-fat Swiss cheese - 1 oz.  
Whole wheat bread - 2 slices  
Lettuce/Tomato slices  
Mayonnaise - 1 Tbsp.  
Vegetable dish with carrots, celery, and radishes  
Medium orange

## DINNER

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Baked fish with lemon and parsley - 3 oz.  
Steamed green beans - 1 cup  
Brown Rice - 1/2 cup  
Green salad with sliced tomatoes - 1½ cups  
Oil and vinegar dressing - 2 Tbsp.  
Whole wheat roll - 1 small  
Fat-free milk - 1 cup

## SNACKS

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Low-fat yogurt - 1 cup  
Strawberries - ½ cup  
Instant pudding made with low-fat milk/  
fruit added - 1 cup  
Mixed nuts unsalted - ⅓ cup  
Dried fruits - ¼ cup

For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone—**AT NO COST TO YOU 24 HOURS A DAY, 7 DAYS A WEEK.**

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional.