

The

DASH

Diet

The information provided is based on the newest findings by
the National Institutes of Health.

The DASH Diet

Research has found that diet affects the development of high blood pressure, or hypertension. Two recent studies showed that following a particular eating plan, call the **DASH** diet, and reducing the amount of sodium consumed lowers blood pressure. The combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. Those diagnosed with high blood pressure especially benefit. Actually all adults could follow this heart healthy plan.

What is High Blood Pressure?

Blood pressure is the force of blood against artery walls. It is recorded as two numbers-**systolic pressure** (As the heart beats) over **diastolic pressure** (As the heart relaxes between beats).

Blood pressure rises and falls during the day. But when it stays elevated over time, it is called **high blood pressure**. This condition is dangerous because it makes the heart work too hard, and the force of its blood flow can harm arteries.

High blood pressure often has no warning signs or symptoms. Once it occurs it usually lasts a lifetime. If uncontrolled, it can lead to heart and kidney disease and stroke.

The Following Steps Can Help Control High Blood Pressure:

- Maintain a healthy weight.
- Be physically active.
- Stop smoking.
- Take blood pressure medicine as prescribed.
- Drink alcohol in moderation
- Follow a healthy eating plan, including foods lower in salt.

*General Principles of the **DASH** Eating Plan:*

- Low in saturated fat, cholesterol and total fat
- High in fruits, vegetables, and low-fat dairy products
- Includes whole grain products
- Includes lean meats, fish and poultry and nuts
- Reduced in red meat, sweets and sugared beverages
- Rich in magnesium, potassium and calcium, protein and fiber

DASH Eating Plan: Number of Servings

<u>Food Group</u>	<u>Servings Per Day</u>	
	1600 Calories	2000 Calories
Grains/Grain Products	6	7-8
Vegetables	3-4	4-5
Fruits	4	4-5
Low-fat Dairy Foods	2-3	2-3
Meats, Poultry, Fish	1-2	2 or less
Nuts, Seeds, Dry Beans	3/week	4-5/week
Fats, Oils	2	2-3
Sweets	0	5/week

Serving Sizes on the DASH Diet

Grains/Grain Products	1 slice bread 1 oz. dry cereal ½ cup cooked cereal, rice or pasta 6 crackers
Vegetables	1 cup raw vegetables ½ cup cooked vegetables 6 oz. vegetable juice
Fruits	6 oz. fruit juice 1 medium fresh fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit
Low-fat Dairy Foods	8 oz. milk 1 cup yogurt 1 ½ oz. cheese
Meats, Poultry and Fish	3 oz. cooked meats, fish or Poultry
Nuts, Seeds and Dried Beans	1/3 cup or 1 ½ oz. nuts 2 Tbsp. or 1 oz. seeds ½ cup cooked dried beans
Fats/Oils	1 tsp. Soft margarine or oil 1 Tbsp. low-fat mayonnaise 2 Tbsp. light salad dressing

Sweets

1 Tbsp. sugar
1 Tbsp. jam/jelly
½ oz. jelly beans
8 oz. lemonade

Tips on Eating the DASH Way

- Eat a medium apple instead of cookies for dessert.
- Have a hamburger that is 3 oz. instead of 6oz; add extra vegetables to your burger.
- Instead of 5 oz. of chicken, have a stir-fry with 2 oz. of chicken and 1 ½ cups of raw vegetables. Use a small amount of vegetable oil.
- Have a ½ cup serving of low-fat frozen yogurt instead of a chocolate candy bar.
- Use low-fat or fat-free condiments
- If using regular margarine, mayonnaise or dressing, use half as much.
- Use fat-free or low-fat dairy products.
- Limit foods with a lot of added sugar such as sweets and soft drinks.
- Eat fruits canned in their own juice.
- Healthier snacks include: fruit, raw vegetables, light popcorn, graham crackers, nuts or bread sticks.
- Drink water instead of carbonated beverages.

Tips To Reduce Salt and Sodium

- Choose low- or reduced- sodium, or no-salt-added versions of foods and condiments when available.
- Buy fresh, plain frozen, or canned with “no-added-salt” vegetables.
- Use fresh poultry, fish and lean meat, rather than canned, smoked or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham), foods packed in brine (such as pickled foods) and condiments (such as MSG, mustard, horseradish, and catsup). Limit even lower sodium versions of soy sauce and teriyaki sauce-treat these condiments just like salt).
- In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar or salt-free seasoning blends. Start by cutting salt in half.
- Cook rice, pasta and hot cereals without salt. Cut back on instant or flavored rice, pasta and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Limit frozen dinners, packaged mixes, canned soups and dressings.
- Rinse canned foods, such as tuna, to remove some sodium.
- Choose fruits or vegetables instead of salty snack foods.

A Sample Menu for the DASH Diet Plan

Meal:	Sodium (mg):
Breakfast	
2/3 cup bran cereal	161
1 slice whole wheat bread	149
1 medium banana	1
1 cup <i>light</i> yogurt	53
1 cup fat free milk	126
2 tsp. Jelly	5
Lunch	
3/4 cup chicken salad	201
2 slices whole wheat bread	299
1 Tbsp. Dijon mustard	372
Salad:	
1/2 cup cucumber slices	8
1/2 cup tomato wedges	1
2 Tbsp. ranch dressing, fat-free	306
1/2 cup fruit cocktail, juice pack	5
Dinner	
3 oz. round steak	52
2 Tbsp. low-fat beef gravy	163
1 cup green beans, (frozen)	12
1 small baked potato	7
2 Tbsp. sour cream, fat-free	28
2 Tbsp. low-fat, grated cheese	86
1 Tbsp. chopped scallions	1
1 small whole wheat roll	148
1 tsp. Soft margarine	51
1 small apple	0
1 cup fat-free milk	126

Snack

1/3 cup almonds, unsalted	5
1/4 cup raisins	2
1 cup orange juice	2

Totals: Nutrients Per Day

Calories	2024
Total fat	51g
Sat fat	9g
Cholesterol	162mg
Sodium	2363mg
Calcium	1257mg
Fiber	34g