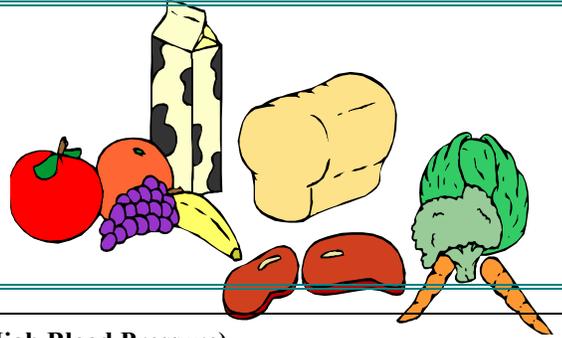
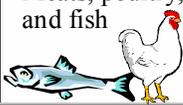


DASH



*Dietary Approaches to Stop Hypertension (High Blood Pressure)

Research shows the **DASH*** diet lowers blood pressure in most people. This diet is high in **Calcium, Magnesium, Potassium, Fiber**, moderate in protein and lower in sodium than a regular diet. The **DASH** eating plan is based on **2,000** calories a day. If you need a lower calorie plan, follow the number of servings listed in *italics* for **1,600** calories a day. Use this chart to help you plan your menus or take it with you when you go to the store. **For weight reduction, see your dietician or physician for an individualized plan.**

Food Group	Servings	Serving Sizes	Examples and Notes	Importance in the DASH Eating Plan
Grains & grain products 	7-8 per day <i>6 per day</i>	1 slice bread 1 oz dry cereal (1/2 – 1 1/4 cup check package label) 1/2 cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, rice, noodles, spaghetti, crackers, unsalted pretzels and popcorn	major sources of <u>energy</u> and <u>fiber</u>
Vegetables 	4-5 per day <i>3-4 per day</i>	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	rich sources of <u>potassium</u> , <u>magnesium</u> , and <u>fiber</u>
Fruits 	4-5 per day <i>4 per day</i>	6 oz fruit juice 1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	important sources of <u>potassium</u> , <u>magnesium</u> , and <u>fiber</u>
Lowfat or fat free dairy foods 	2-3 per day <i>2-3 per day</i>	8 oz milk 1 cup yogurt 1 1/2 oz cheese	Fat free (skim) or lowfat (1%) milk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheese (less than 6 gm fat per ounce)	major sources of <u>calcium</u> and <u>protein</u>
Meats, poultry, and fish 	2 or less per day <i>1-2 per day</i>	3 oz cooked meats, poultry, or fish	Select only lean cuts or low fat meats; trim away visible fats; Broil, roast, or boil, instead of frying; remove skin from poultry.	rich sources of <u>protein</u> and <u>magnesium</u>
Nuts, seeds, and dry beans 	4-5 per week Substitute for meat <i>3 per week</i>	1/3 cup or 1 1/2 oz nuts 2 Tbsp or 1/2 oz seeds 1/2 cup cooked dry beans 2 Tbsp peanut butter	Unsalted almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils and dried peas	rich sources of energy, <u>magnesium</u> , <u>potassium</u> , <u>protein</u> , and <u>fiber</u>
Fats & oils 	2-3 per day <i>2 per day</i>	1 tsp soft margarine 1Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 Tbsp regular salad dressing 1 tsp vegetable oil	Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	DASH has 27 percent of calories as fat, including that in or added to foods
Sweets 	Not more than 5 per week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat

DASH DIET

Sample Menu

	<u>2000 Calorie (recommended daily calorie intake for normal weight individuals)</u>	<u>1600 Calorie</u>
Food Item (food group)	servicing size	servicing size
Breakfast		
Oatmeal (Grains)	1 cup	1/2 cup
with brown sugar	2 tsp.	1 tsp.
Blueberries (Fruit)	1/2 cup	1/2 cup
Whole wheat toast (Grains)	1 slice	1 slice
Margarine, soft tub (Fat)	1 tsp.	1 tsp.
Orange juice (Fruit)	3/4 cup	3/4 cup
Skim milk (Dairy)	1 cup	1 cup
Lunch		
Peanut butter (Nuts)	2 Tbsp.	2 Tbsp.
with jelly	1 Tbsp.	1 tsp.
Whole wheat bread (Grain)	2 slices	2 slices
Carrot sticks (Vegetable)	1/2 cup	1/2 cup
Vegetable soup (Vegetable)	1 cup	1 cup
Crackers (Grain)	4	none
Cherry tomatoes (Vegetable)	1 cup	1 cup
Low calorie beverage (water, diet soda, tea or coffee)		
Dinner/ Supper		
Grilled chicken breast (Poultry)	3 oz	3 oz
Green beans (Vegetable)	1 cup	1 cup
sprinkled with slivered almonds (Nuts)		
Rice (Grain)	1/2 cup	1/2 cup
Margarine, soft tub (Fat)	2 tsp.	1 tsp.
Whole wheat dinner roll (Grain)	1	1
Skim milk (Dairy)	1 cup	1 cup
Fruit cocktail in juice (Fruit)	1/2 cup	1/2 cup
Snack		
Dried apricots (Fruit)	4-8 halves	4-8 halves
Low fat yogurt (Dairy)	1 cup	none

TIPS ON EATING THE **DASH** DIET WAY

- Make it easier to increase your servings of fruits and vegetables to eight a day by trying to have two servings of fruits and/or vegetables at each meal. For instance, for lunch have one fruit and one vegetable. Then add one fruit and one vegetable as snacks.
- To increase your dairy servings to three a day, try to have one lowfat or fat free dairy serving at each meal. If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose free milk or milk with lactase enzyme added to it. You may also consider using calcium fortified orange juice.
- Choose whole grain foods to get added nutrients, especially the B vitamins. For example, choose whole wheat bread or whole grain cereals.
- Use the percent Daily Value on food labels to compare products and choose those lowest in saturated fat, total fat, cholesterol, and sodium.
- Feed your craving for sweets with fresh or dried fruit, fruit-flavored gelatin or diet puddings.
- Use fresh, frozen, canned, or dried fruits.
- Use fresh, frozen, or no-salt-added canned vegetables.

COMBINE YOUR LOWER SODIUM DIET WITH EATING THE DASH DIET WAY TIPS FOR LOWERING THE SODIUM IN YOUR DIET

Do not add salt to food during cooking or eating. Read labels on all packaged foods to check for sodium.

Many stores have salt free or lower salt foods such as cheese, soup, crackers, bread, or salad dressing. Buy only frozen meals with less than 700 mg of sodium for each serving.

DECREASE THE AMOUNTS AND FREQUENCY OF EATING THESE FOODS & DRINKS:

- Bouillon, broth, consommé
- Regular canned or dried soups, ramen noodles, gravy/sauce mixes
- Buttermilk
- Tomato or V-8™ juice
- Breakfast meats like ham, bacon, sausage, corned beef hash
- Canned, preserved or smoked fish and meat (like anchovies, chipped or corned beef, ham, herring, hot dogs, lox, lunch meats, pickled herring, sausage, tuna)
- Frozen dinners with more than 700 mg sodium per serving
- Canned entrees like chili and spaghetti
- Instant potato, noodle or rice mixes, stuffing mixes, casserole mixes, macaroni & cheese
- Regular canned vegetables; sauerkraut
- Regular processed cheeses or cheese spreads (like Velveeta™, Cheez Whiz™), American cheese
- Cottage cheese
- Soy sauce
- Meat tenderizers or monosodium glutamate (MSG)
- Garlic salt, onion salt, seasoning salt, table salt, sea salt, lemon pepper
- Steak sauces, Worcestershire sauce, barbecue sauce, chili sauce
- Pickles, relishes, olives, other pickled vegetables
- Saltine crackers, soda crackers, other crackers with salt on the top
- Salted popcorn, nuts, pretzels, potato chips, corn chips, tortilla chips, other salted snacks

