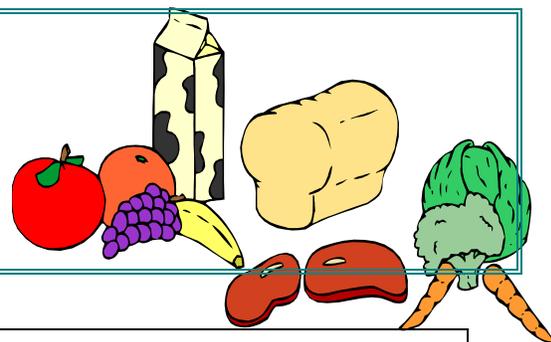


DASH



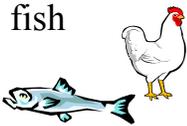
*Dietary Approaches to Stop Hypertension (High Blood Pressure)

Research shows the **DASH*** diet lowers blood pressure in most people. This diet is high in **calcium, magnesium, potassium, and fiber**. It is moderate in protein and lower in sodium than a regular diet. Use this chart to help you plan your menus. Take it with you when you go to the store. The **DASH** eating plan shown below is based on 2,000 calories a day.

Food Group	Servings	Serving Sizes	Examples and Notes	Importance in the DASH Eating Plan
Grains & grain products 	7–8 per day	1 slice bread 1/2-1 1/4 cup dry cereal (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 energy and fiber
Vegetables 	4–5 per day	1 cup raw leafy vegetable 1/2 cup cooked vegetable	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	rich sources of potassium, magnesium, and fiber
Fruits 	4–5 per day	4 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 potassium, magnesium, and fiber

DASH Diet

continued

<p>Lowfat or fat free dairy foods</p> 	<p>2–3 per day</p>	<p>8 oz milk 1 cup yogurt 1 1/2 oz cheese</p>	<p>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)</p>	<p>major sources of calcium and protein</p>
<p>Meats, poultry, and fish</p> 	<p>2 or less/day</p>	<p>3 oz cooked meats, poultry, or fish</p>	<p>Select only lean cuts or low fat meats; trim away visible fats; Broil, roast, or boil, instead of frying; remove skin from poultry.</p>	<p>rich sources of protein and magnesium</p>
<p>Nuts, seeds, and dry beans</p> 	<p>4–5 per week Substitute for meat, poultry or fish</p>	<p>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</p>	<p>Unsalted almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils and dried peas</p>	<p>rich sources of energy, magnesium, potassium, protein, and fiber</p>
<p>Fats & oils</p> 	<p>2–3 per day</p>	<p>1 tsp soft margarine 1 Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 Tbsp regular salad dressing 1 tsp vegetable oil</p>	<p>Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)</p>	
<p>Sweets</p> 	<p>Not more than 5 per week</p>	<p>1 Tbsp sugar 1 Tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade</p>	<p>Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices Sweets should be low in fat</p>	

DASH Diet

Sample Menu

<i>Food Item (food group)</i>	<i>2000 Calorie serving size</i>	<i>Lower calorie serving size</i>
<i>Breakfast</i>		
Oatmeal (<i>Grains</i>)	1 cup	1/2 cup
with brown sugar	1 tsp	1 tsp
Blueberries (<i>Fruit</i>)	1/2 cup	1/2 cup
Whole wheat toast (<i>Grain</i>)	1 slice	1 slice
Margarine, soft tub (<i>Fat</i>)	1 tsp.	1 tsp
Orange juice (<i>Fruit</i>)	3/4 cup	1/2 cup
Skim milk (<i>Dairy</i>)	1 cup	1 cup
<i>Lunch</i>		
Peanut butter (<i>Nuts</i>)	2 Tbsp.	2 Tbsp.
with jelly	1 Tbsp.	1 tsp
Whole wheat bread (<i>Grain</i>)	2 slices	2 slices
Carrot sticks (<i>Vegetable</i>)	1 large	1 large
Vegetable soup (<i>Vegetable</i>)	1 cup	1 cup
Crackers (<i>Grain</i>)	4	none
Cherry tomatoes (<i>Vegetable</i>)	1 cup	1 cup
Low calorie beverage (water, diet soda, tea or coffee)		
<i>Dinner/ Supper</i>		
Grilled chicken breast (<i>Poultry</i>)	3oz	3 oz
Green beans (<i>Vegetable</i>)	1/2 cup	1/2 cup
sprinkled with slivered almonds (<i>Nuts</i>)		
Rice (<i>Grain</i>)	1/2 cup	1/2 cup
Margarine, soft tub (<i>Fat</i>)	2 tsp	1 tsp
Whole wheat dinner roll (<i>Grain</i>)	1	1
Tossed salad (<i>Vegetable</i>)	1 cup	1 cup
with low fat dressing (<i>Fat</i>)	1 Tbsp.	2 tsp
Skim Milk (<i>Dairy</i>)	1 cup	1 cup
<i>Snack</i>		
Dried apricots (<i>Fruit</i>)	4	4
Low fat yogurt (<i>Dairy</i>)	1 cup	1 cup

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, or consommé
- Regular canned or dried soups, ramen noodles or gravy/sauce mixes
- Buttermilk
- Tomato or V-8™ juice
- Breakfast meats like ham, bacon, sausage and 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, or 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™) or 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 or other pickled vegetables
- Saltine crackers, soda crackers, or other crackers with salt on the top
- Salted popcorn, nuts, pretzels, potato chips, corn chips, tortilla chips, or other salted snacks

**Remember:
Eat the DASH way
for better health!**

