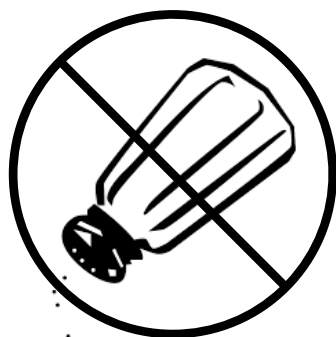




DASH DIET



What is the DASH diet?

The DASH diet is a nutrition plan designed to promote healthy eating in order to lower blood pressure. Your primary care provider may suggest this nutrition plan if you have pre-hypertension or hypertension (high blood pressure). However, anyone can utilize the DASH diet to improve overall health.

This diet is endorsed by:

- The National Heart, Lung, and Brain Institute
- The American Heart Association
- 2015 Dietary Guidelines for Americans
- The Mayo Clinic
- Numerous medical foundations

What is involved?

| Food Group | Daily Servings |
|------------------------------------|---|
| Grains | 6–8 |
| Meats, poultry, and fish | 6 or less |
| Vegetables | 4–5 |
| Fruit | 4–5 |
| Low-fat or fat-free dairy products | 2–3 |
| Fats and oils | 2–3 |
| Sodium | Less than 2,300 mg |
| Alcohol | 2 drinks or less – Men 1 drink or less – Women |
| | Weekly Servings |
| Nuts, seeds, dry beans, and peas | 4–5 |
| Sweets | 5 or less |

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

How to follow the DASH diet

Many recipes are available on- and offline. Hardcopy cookbooks are available for purchase through multiple publishers. Online recipes can also be found by simply searching “DASH diet recipes.” Abrupt changes are often more difficult to maintain. Therefore, small modifications should be made at different intervals, such as adding one additional serving of fruit to your daily intake for one week, then moving on to the next modification.

Benefits of the DASH diet

- Lower blood pressure
- Lower bad cholesterol (LDL)
- Weight loss
- Reduces risk of heart disease
- Reduces risk of diabetes

Examples

| Food Group | Serving Sizes | Examples and Notes | Significance of Each Food Group to the DASH Eating Plan |
|---|---|--|---|
| Grains | 1 slice bread 1 oz dry cereal ½ cup cooked rice, pasta, or cereal | Whole-wheat bread and rolls, whole-wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn | Major sources of energy and fiber |
| Vegetables | 1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice | Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes | Rich sources of potassium, magnesium, and fiber |
| Fruits | 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice | Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines | Important sources of potassium, magnesium, and fiber |
| Fat-free or low-fat dairy products | 1 cup milk or yogurt 1½ oz cheese | Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt | Major sources of calcium and protein |
| Lean meats, poultry, and fish | 1 oz cooked meats, poultry, or fish 1 egg | Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry | Rich sources of protein and magnesium |
| Nuts, seeds, and legumes | ½ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dried beans, peas) | Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas | Rich sources of energy, magnesium, protein, and fiber |
| Fats and oils | 1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing | Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing | The DASH study had 27% of calories as fat, including fat in or added to foods |
| Sweets and added sugars | 1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin dessert 1 cup lemonade | Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar | Sweets should be low in fat |

For more information visit:

- Dashdiet.org
- Mayoclinic.org
- Dashforhealth.com