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# D.A.S.H. Diet



## Dietary Approach to Stop Hypertension





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Lower your blood pressure by changing your eating habits. The DASH diet is based on findings from the "Dietary Approaches to Stop Hypertension" clinical study that found that high blood pressure levels can be reduced with an eating plan low in: **total fat, saturated fat, and cholesterol, high in fiber and rich in fruits, vegetables, and low fat dairy products.** (*Good sources of potassium, magnesium and calcium*)

A second study called "DASH-Sodium" looked at the effect on blood pressure of reduced sodium intake. Three sodium levels were chosen: the amount often eaten by many Americans/Canadians, more than 3300 milligrams (mg); a modest intake of about 2300 mg; and a lower **intake of 1500 mg per day**. This study showed that lower sodium diets reduced blood pressure.

## Principles of the DASH Diet

Food Group	Serving Sizes	Examples	Significance to the DASH Diet
Grains & grain products 6-8 servings/ day 	<ul style="list-style-type: none"><li>• 1 slice bread</li><li>• ½ -¾ cup (30g) high-fiber cereal</li><li>• ½ cup cooked rice, pasta, or cereal</li></ul>	<b>100% whole grain</b> bread, English muffin, pita bread, bagel, cereals, grits, oatmeal; brown rice or whole grain pasta; <b>choose high-fiber</b>	Major sources of energy and fiber
Vegetables 4-5+ servings/day 	<ul style="list-style-type: none"><li>• 1 cup raw leafy vegetables</li><li>• ½ cup vegetables</li><li>• ½ cup low sodium vegetable juice</li></ul>	tomatoes, peppers, cauliflower, carrots, peas, squash, broccoli, turnips, lettuce, kale, spinach, artichokes, sweet potatoes, green/yellow beans	Rich sources of potassium, magnesium, and fiber

Food Group	Serving Sizes	Examples	Significance to the DASH Diet
Fruits 4-5 servings/day 	<ul style="list-style-type: none"> <li>• 1 medium fruit</li> <li>• ½ cup fresh, frozen, or canned fruit</li> <li>• 125mL fruit juice</li> <li>• ¼ cup dried fruit</li> </ul>	apples, apricots, bananas, plums, oranges, grapefruit, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Low fat or nonfat dairy foods 2-3 servings/day 	<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• ¾ cup yogurt</li> <li>• 50g (1½ oz) low-fat cheese</li> </ul>	skim or 1% milk, skim or low fat buttermilk, nonfat or low fat yogurt, part skim mozzarella cheese, nonfat cheese	Major sources of calcium and protein
Meat, poultry, fish or eggs 2 or <b>less</b> servings/day 	<ul style="list-style-type: none"> <li>• 3 oz cooked lean meat, poultry or fish</li> <li>• 2 eggs <i>(1 serving = deck of cards/palm of your hand)</i></li> </ul>	<b>1)</b> select only lean meat; trim away visible fats; <b>2)</b> broil, roast, or boil instead of frying; <b>3)</b> remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes 4-5 servings/ <b>week</b> 	<ul style="list-style-type: none"> <li>• ¼ cup nuts</li> <li>• 2 Tbsp seeds</li> <li>• ¾ cup cooked legumes/beans</li> </ul>	<b>unsalted</b> almonds, peanuts, walnuts, sunflower seeds, kidney beans, chickpeas, black beans, lentils	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and Oils 2-3 servings/day	<ul style="list-style-type: none"> <li>• 1 tsp soft margarine</li> <li>• 1 tsp vegetable oil</li> <li>• 1 Tbsp low fat mayonnaise</li> <li>• 2 Tbsp light salad dressing</li> </ul>	soft margarine, low fat mayonnaise, light salad dressing, vegetable oil <i>(such as olive, canola, or safflower)</i>	DASH has 27 percent of calories as fat, including fat in or added to foods
Sweets 5 or less servings/ <b>week</b>	<ul style="list-style-type: none"> <li>• 1 Tbsp sugar</li> <li>• 1 Tbsp jelly/jam</li> <li>• ½ cup frozen yogurt</li> </ul>	maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet	Sweets should be low in fat and limited by people with diabetes