

DASH

Eating to Control Blood Pressure

Just a **DASH** . . . no not of salt, but of a healthy eating style that can help you control blood pressure. It is often thought that limiting salt is the only dietary way to help manage high blood pressure or hypertension, but the **DASH** way of eating can also help control your blood pressure. If you are taking medications for your blood pressure, continue to take them as prescribed.

The **DASH** diet is:

- Ⓞ Lower in total fat, saturated fat and cholesterol
- Ⓞ Higher in vegetables and fruits, whole grains, and low-fat dairy products
- Ⓞ Moderate in meat, fish and poultry
- Ⓞ Higher in nuts, seeds and legumes
- Ⓞ Rich in magnesium, potassium and calcium, as well as protein and fiber
- Ⓞ Lower in sodium

Besides following the **DASH** diet to help control your blood pressure aim to:

Ⓞ Limit salt to less than **3000mg of sodium/day**.

1 tsp of salt contains 2300mg of sodium.

Most of the salt in our diet comes from processed foods such as canned goods, convenience foods, and many snack foods such as potato chips and pretzels. So try to shop for fresh unprocessed foods.

Ⓞ Maintain a healthy body weight

If you are overweight even losing 10 pounds can lead to a significant drop in your blood pressure

Ⓞ Enjoy a Healthy Lifestyle

Regular aerobic activity can decrease blood pressure, cholesterol levels and help with weight control.

Be active every day for at least 30 minutes.

Do not smoke.

Ⓞ Limit alcohol

Alcohol may reduce your heart's ability to pump blood. It can cause some hypertension medications to be less effective. If you choose to drink alcohol do so in moderation.

Limit alcohol to:

Males 2 drinks per day

Females 1 drink per day

1 drink is: 12 oz of beer, 4oz of wine, 1.5oz of hard liqueur

What is blood pressure?

It is the force of blood against artery walls. When this pressure is too high it can lead to strokes and heart attacks. Two numbers are measured in mmHg – the top number or ***systolic pressure*** is the pressure exerted when the heart pumps blood out (heartbeat) and the bottom number or ***diastolic pressure*** is the resting time between beats. Most people don't feel high blood pressure, so be sure to have your blood pressure checked regularly.

Aim for less than ***140/90***. If you have diabetes the number should be less than ***130/80***.

Follow the guidelines below to get you started on the **DASH** diet. The **DASH** diet is also ***heart healthy***, and can help you manage your ***cholesterol levels*** and your ***weight***. A 1600kcal plan is listed below. The number of servings in a food group may vary from those listed depending on your caloric needs.

The DASH Way of Eating for a Healthy Heart
Based on 1600kcal

Food Group	Daily Servings	Serving Sizes	Examples
Grain Products	6	1 slice whole grain bread ½ cup dry/cooked cereal ½ cup rice or pasta	Whole wheat bread, bagel, wraps, oatmeal, whole grain pasta
Vegetables	3-4	1 cup mixed green salad ½ cup cooked vegetable	Tomatoes, broccoli, carrots, spinach, kale, artichokes, potatoes, squash, peppers
Fruits	4	1 medium fruit ½ cup fresh, frozen, canned fruit ¼ cup dried fruit	Bananas, oranges, mangoes, figs, berries, peaches, melon, apricots, raisins, apples
Low fat or nonfat dairy foods	2-3	8 oz milk 1 cup yogurt 1 ½ oz low fat cheese ½ cup cottage cheese	Skim or 1 % milk, yogurt, or cottage cheese part skim mozzarella cheese
Meats, poultry, and fish	1-2	3 oz cooked meats, poultry, or fish	Lean cuts of meat with visible fat removed; broil roast or boil meat; remove skin from poultry
Nuts, seeds, and dry beans	3 servings PER WEEK	1 ½ oz or 1/3 cup nuts ½ oz or 2 Tbsp seeds ½ cup cooked legumes	Almonds, peanuts, walnuts, sunflower seeds, pumpkin seeds, lentils, kidney beans, black beans, pinto beans
Fat and oils	2	1 tsp soft margarine, 1 tsp vegetable oil 1 Tbsp low fat mayo 2 Tbsp low fat salad dressing	Soft margarine, olive oil, canola oil, low fat mayonnaise

Follow the guidelines below to get you started on the **DASH** diet. The **DASH** diet is also *heart healthy*, and can help you manage your *cholesterol levels* and your *weight*. A 2000kcal plan is listed below. The number of servings in a food group may vary from those listed depending on your caloric needs.

The DASH Way of Eating for a Healthy Heart

Based on 2000kcal

Food Group	Daily Servings	Serving Sizes	Examples
Grain Products	7-8	1 slice whole grain bread ½ cup dry/cooked cereal ½ cup rice or pasta	Whole wheat bread, bagel, wraps, oatmeal, whole grain pasta
Vegetables	4-5	1 cup mixed green salad ½ cup cooked vegetable	Tomatoes, broccoli, carrots, spinach, kale, artichokes, potatoes, squash, peppers
Fruits	5	1 medium fruit ½ cup fresh, frozen, canned fruit ¼ cup dried fruit	Bananas, oranges, mangoes, figs, berries, peaches, melon, apricots, raisins, apples
Low fat or nonfat dairy foods	2-3	8 oz milk 1 cup yogurt 1 ½ oz low fat cheese ½ cup cottage cheese	Skim or 1 % milk, yogurt, or cottage cheese part skim mozzarella cheese
Meats, poultry, and fish	1-2	3 oz cooked meats, poultry, or fish	Lean cuts of meat with visible fat removed; broil roast or boil meat; remove skin from poultry
Nuts, seeds, and dry beans	4-5 servings PER WEEK	1 ½ oz or 1/3 cup nuts ½ oz or 2 Tbsp seeds ½ cup cooked legumes	Almonds, peanuts, walnuts, sunflower seeds, pumpkin seeds, lentils, kidney beans, black beans, pinto beans
Fat and oils	3	1 tsp soft margarine, 1 tsp vegetable oil 1 Tbsp low fat mayo 2 Tbsp low fat salad dressing	Soft margarine, olive oil, canola oil, low fat mayonnaise