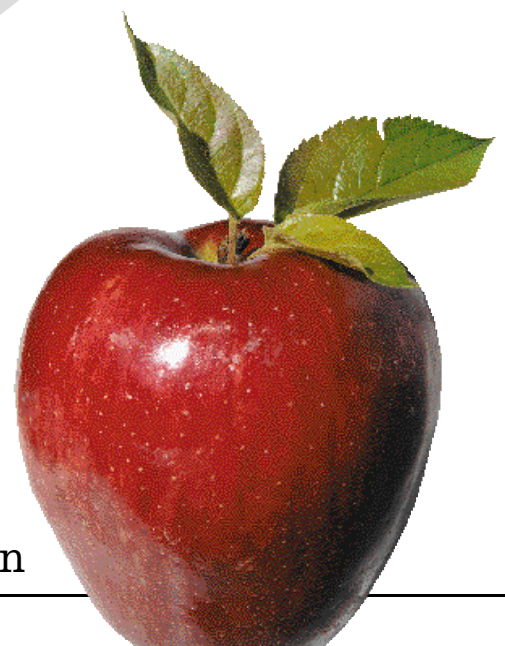


the **DASH**
Diet



Dietary **A**pproaches to **S**top **H**ypertension



The DASH Diet

Make It Work

The DASH (Dietary Approaches to Stop Hypertension) was a research study testing how what we eat affects our blood pressure. A diet reduced in total and saturated fat and rich in fruits, vegetables, and low-fat dairy foods was found to significantly lower blood pressure. In participants who had high blood pressure, the DASH diet lowered blood pressure to the same extent as does a blood pressure medicine. The DASH diet can offer an important way to prevent and treat high blood pressure.

Note: If you have high blood pressure and are currently taking blood pressure medicine, do not stop your medicines and start the diet. Talk with your doctor before you stop taking your medicine.

The purpose of this brochure is to provide information about the DASH diet and how to follow it at home. The DASH eating plan shown below is based on 2,000 calories a day. Depending on your caloric needs, your number of daily servings in a food group may vary from those listed. This eating plan from the "Dietary Approaches to Stop Hypertension" (DASH) study is rich in fruits, vegetables, and low fat dairy foods, and low in saturated and total fat.

Tips on Eating the DASH Way

- Start small. Make gradual changes in your eating habits.
- Center your meal around carbohydrates such as pasta, rice, beans or vegetables instead of meat.
- Treat meats as a part of the whole meal instead of the main course.
- Use fruits or low fat, low-calorie foods for desserts or snacks

Make the most of the DASH diet!

If you use the DASH diet to help prevent or control high blood pressure, make it a part of a lifestyle that includes:

- choosing foods lower in salt and sodium
- keeping a healthy weight
- being physically active, and,
- if you drink alcohol, doing so in moderation.

Change your eating habits gradually

Most people find it hard to make changes in their diet if they try to do too much too fast. Start slow. You are more likely to have your healthier habits be lasting ones if you make small changes that you can realistically maintain. Try some of these steps:

- If you eat only one or two vegetables a day, add one serving at lunch and one at dinner.
- If you don't eat fruit or only have juice at breakfast, add fruit as a snack.
- Use half the butter, margarine, or salad dressing you usually have now.
- Try low fat or nonfat condiments, like nonfat salad dressings.
- Drink low fat (1%) or skim milk with lunch or dinner instead of soda, alcohol, or sugar-sweetened tea.
- Treat meat as one part of the whole meal, instead of the focus
- Although meat contains protein and other nutrients which are good for your body, it also has a lot of fat, including saturated fat, calories, and cholesterol. Often people have a large portion of meat as a main course and don't eat enough vegetables or grains. To help change your diet, try some of the following tips:
 - Limit meat to six ounces a day (2 servings), which is all you need to be healthy. That is less than most people eat. Three to four ounces is about the same size as a deck of cards.
 - If you currently eat large portions of meat, cut back by half or by one-third at each meal.
 - Include two or more meatless meals every week.
 - Include more servings of vegetables, rice, pasta and beans so that you need less meat to make a satisfying meal. ~Casseroles, pasta and stirfry often include less meat and more vegetables, grains and beans.
 - Buy less meat. If it's not there, you won't eat it.

What can you do if you get off track?

- Don't let a few days of an un-DASHing diet de-rail your health goals. When you find that you are not DASHing your way to good health, there are several helpful steps to take to get yourself
- Step back and take a look. What happened? Was there a specific event that distracted you from your DASH health goals (like a holiday or a party or a problem at work or home?). Now is the time to use this as a learning experience and begin again.
- Don't beat up on yourself. Everyone makes mistakes and it's all a part of learning new ways to be healthier. Remember that changing your lifestyle is a long-term process.
- Were you trying to do too much at once? This happens to many people as they start to make lifestyle changes. Try to change only one or two things at a time to keep it manageable.
- Break it down into small steps. Remember the wise saying to "keep it simple". This is true with lifestyle change as well. Break complex goals down into small, simple, attainable ones.
- Keep a food diary. You can easily see what is happening with your diet when it is written down in black and white. Keeping a diet log can help you identify the problem by seeing your patterns of behavior more clearly. Write down what you eat for a few days and note where you are and what you are doing and feeling at the time. Many people eat in front of the TV (and then feel like they haven't even eaten at all) or eat to relieve stress. Keeping a diary can help you make sure you are getting in your goal amount of fruits and vegetables.
- Recognize and celebrate your success. Success often comes in small steps. Remember to acknowledge and celebrate your health accomplishments each step along the way.



Dash Diet Food Choices and Servings Sizes

To help you follow the DASH diet, listed below are the suggests the number of servings per day from each of the food groups. These servings apply to people who require 2000 calories per day. The number of servings you need may be more or less depending on your age, sex, body size, and how active you are. Talk with your doctor or a dietitian to find out your caloric needs. Check here to see suggested number of servings for other calorie levels. The following are examples of food choices for each food group.

7-8 servings Grains and Grain Products per day

Grains and grain products, which include breads and cereals, are important sources of energy, fiber and vitamins. Choose whole grains, such as whole wheat bread and whole grain cereals to obtain most of the nutrients. Prepare grain products with small amounts (if any) of fat and sugar.

Food Choices

Bagel
 Barley, cooked
 Biscuit, country style
 Bread, whole wheat, white
 Cereals, cold, such as bran flakes, shredded wheat
 Cereals, cooked, such as oatmeal, grits
 Cornbread
 Crackers, graham
 Crackers, saltine
 Dinner roll, white or wheat
 English muffin
 Hamburger bun
 Muffin
 Pancake
 Pasta, spaghetti, macaroni or noodles
 Pita, white or whole wheat
 Popcorn
 Pretzels
 Rice, white, brown, or wild
 Tortillas, corn or flour
 Waffle
 Wheat germ

One Serving Equals

1/2 medium
 1/2 C
 1 medium
 1 slice
 1/2 C
 1/2 C
 1 medium
 2
 4
 1 medium
 1/2
 1/2
 1 medium
 1 medium
 1/2 C cooked
 1/2 large, or 1 small
 1 C popped
 1 oz
 1/2 C cooked
 1 medium
 1 medium
 1/4 C

4-5 servings Vegetables per day

Vegetables are rich sources of potassium, magnesium and fiber. Keep in mind that foods eaten in smaller portions, for example 1/4 cup of raw carrots, still count as part of the vegetable servings, but would only counts as one half of a serving.

1/2 cup of the following cooked vegetables equals 1 serving:

Asparagus	Parsnips
Beans (green, yellow)	Potatoes (1/2 medium or 1/2 C mashed)
Beets	Pumpkin
Broccoli	Rutabaga
Brussels Sprouts	Spaghetti or tomato sauce
Carrots	Spinach
Cauliflower	Squash (Zucchini or yellow)
Collard, chicory, mustard, turnip, and other greens	Stewed tomatoes
Corn	Succotash
Kale	Sweet potatoes
Lima beans	Turnips
Mixed vegetables	Yam
Okra	

Raw vegetables:

1/2 C carrots
 1/2 C chopped celery
 1/2 C chopped peppers
 1 C lettuce (romaine, looseleaf, greenleaf)
 1 C spinach
 1/2 tomato

4-5 servings Fruits per day

Fruits and fruit juices are important sources of potassium, magnesium and fiber and are naturally low in sodium and fat. Fresh, frozen, canned and dried fruits can all be used. The amounts in parentheses equal one serving.

Fresh fruits:

Apple (1 medium)
 Apricots (2 medium)
 Banana (1 medium)
 Berries (1/2 c)
 Melon (1 wedge, or 1/2 c)
 Cherries (10 each)
 Grapefruit (1/2 each)
 Grapes (15 medium)
 Kiwi (1 medium)
 Mango (1/2 small)
 Nectarine (1 medium)
 Oranges (1 medium)
 Peach (1 medium)
 Pear (1 medium)
 Pineapple (1/8 medium, or 1/2 cup)
 Plums (2 medium)
 Tangerine (1 large)

Juices (3/4 cup, or 6 oz)

Apple juice or cider
 Cranberry juice
 Grape juice
 Grapefruit juice
 Mixed fruits juice
 Nectar
 Orange juice
 Pineapple juice
 Prune juice

Canned/Frozen Fruits (1/2 cup):

Applesauce
 Apricots
 Berries
 Cherries

Fruit salad or cocktail
 Grapefruit sections
 Mandarin oranges
 Melon balls
 Orange sections
 Peaches
 Pears
 Pineapple

Dried fruits (1/4 cup):

Apricots
 Cranberries
 Currants
 Dates
 Figs
 Mixed dried fruits
 Peaches
 Prunes
 Raisins



2-3 servings Low fat or Nonfat Dairy Foods per day

Dairy foods are major sources of protein and calcium. It is important to select low fat or nonfat dairy products to lower your the amount of fat you eat each day. Amounts in parentheses equal one serving.

Food Choices

- 1% low fat milk
- 2% low fat milk
- Low fat, and nonfat yogurt, fruit flavored or plain
- Low fat cheddar cheese
- Low fat Cottage cheese
- Low fat or nonfat frozen yogurt
- Mozzarella cheese, part skim
- Nonfat dry milk powder
- Other low fat or nonfat cheeses
- Parmesan cheese
- Ricotta cheese, part skim milk or nonfat
- Skim milk
- 2 or fewer servings of Meats, Poultry and Fish per day

One Serving Equals

- 1 C or 8 fl. oz
- 1 C or 8 fl. oz
- 1 C or 8 oz
- 1.5 oz
- 1 C
- 1/2 C or 4 fl. oz
- 1/4 C or 1 oz
- 1/3 C
- 1.5 oz
- 1 Tbsp
- 1/4 C or 1.5 oz
- 1 C or 8 fl. oz

4-5 servings Nuts, Seeds and Legumes per week

(more legumes and fewer nuts servings)

Nuts, seeds and legumes are rich sources of energy, magnesium, potassium, protein and fiber. Nuts and seeds are also high in fat, so portions should be small. The amount for in the parenthesis equals one serving.

Food Choices

- Almonds
- Beans such as kidney, pinto, and navy
- Chickpeas and lentils
- Cashews
- Filberts
- Mixed nuts
- Peanut butter
- Peanuts
- Sesame seeds
- Sunflower seeds
- Tofu, regular
- Walnuts

One Serving Equals

- 1/3 C
- 1/2 C cooked
- 1/2 C cooked
- 1/3 C
- 1/3 C
- 1/3 C
- 2 Tbsp
- 1/3 C
- 2 Tbsp
- 2 Tbsp
- 3 oz
- 1/3 C

Meats Poultry & Fish

Meat, poultry an fish are good sources of high quality protein and magnesium. Meats should be baked or broiled, not fried. A 3 ounce portion is about the size of a deck of playing cards.

Food Choices

- Fish and shellfish
- Lean meat including beef, veal, or pork
- Low fat luncheon meats
- Meat alternatives such as eggs (1 medium) or tofu
- Skinless, white meat poultry including turkey, chicken

One Serving Equals

- 3 oz cooked
- 3 oz cooked
- 1 oz
- 3 oz
- 3 oz cooked

Fats

The DASH diet included plenty of whole grains, fruits, vegetables and low fat dairy products, it was limited in fat, sweets, and salt. The DASH diet has 27% of its calories as fat. The fat in this diet was present both in foods (meats, dairy and grains and mixed dish recipes) and added to foods (approximately 2.5 servings per day of added fats, oils, and salad dressing). To maintain fat intake at roughly the same level as the DASH diet, do not exceed 2-3 daily servings added fat such as margarine or mayonnaise. Amounts in parentheses are equals one serving.

Food Choices

- soft margarine or butter
- regular mayonnaise
- low fat mayonnaise
- salad dressing
- light salad dressing
- oil (olive, corn, canola, safflower or other vegetable oils)

One Serving Equals

- 1 teaspoon
- 1 teaspoon
- 1 Tbsp
- 1 Tbsp
- 2 Tbsp
- 1 teaspoon

Sweets

The DASH diet contained, on average, less than one serving daily of sweets or about 5 servings per week. Because this diet was lower in fat, most of the sweets were low in fat.

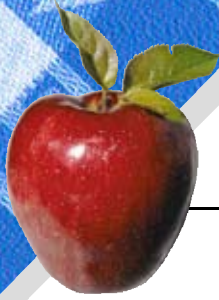
Food Choices

- hard candies
- jelly or jam
- Jello
- jelly beans
- low fat or nonfat frozen yogurt
- maple syrup
- popsicle
- sherbet
- sugar
- sugared lemonade or fruit punch

One Serving Equals

- 3 pieces
- 1 Tbsp
- 1/2 C
- 1/2 oz
- 1/2 C
- 1 Tbsp
- 1
- 1/2 C
- 1 Tbsp
- 8 fl. oz

To satisfy a desire for sweets, we recommend trying diet fruit flavored gelatin, or frozen, canned or fresh fruit for dessert.



Dash Diet

Quick Reference Table!

The DASH diet, based on a 2000 calorie diet. It contains the number of servings from each of the food groups shown in the table. Depending on your caloric needs, the number of servings may vary.

Food Group	Daily Servings	1 Serving Equals	Food Choices
Grains and grain products	7-8	1 slice bread 1/2 C dry cereal 1/2 C cooked rice, pasta or cereal	whole wheat breads, English muffin, pita bread, bagel, cereals and fiber, grits, oatmeal
Vegetables	4-5	1 C raw leafy vegetable 1/2 C cooked vegetable 6 oz vegetable juice	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, beans, sweet potatoes
Fruits	4-5	6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/2 C fresh, frozen, or canned fruit	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines
Low fat or nonfat dairy foods	2-3	8 oz milk 1 C yogurt 1.5 oz cheese	skim or 1 % milk, skim or low fat buttermilk, nonfat or low fat yogurt, part skim mozzarella cheese, nonfat cheese
Meats, poultry, fish	2 or less	3 oz cooked meats, poultry, or fish	select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry
Nuts	1/2	1/2 1.5 oz or 1/3 C 2 Tbsp seeds 1/2 C cooked legumes	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils

C = cup Tbsp = tablespoon oz = ounce