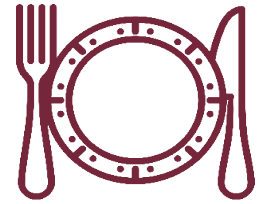


Eating your way to a healthy heart with DASH



What is DASH?

DASH is a special eating plan that doctors recommend to help you lower your blood pressure and keep your heart healthy. DASH stands for Dietary Approaches to Stop Hypertension (hypertension means high blood pressure).





High blood pressure is when the force of your blood puts too much pressure on your

blood vessels. It can cause many serious health problems, such as stroke and heart attack.

The 2 best ways to lower your blood pressure are to follow the DASH diet and lose weight.

DASH eating goals

You can follow the DASH plan with these eating goals:

| Type of food | How much? | Some examples |
|----------------------------------|---|---|
| Fruit | 2 cups daily  | 1 large banana + 1 medium apple OR 8 large strawberries + 32 grapes |
| Vegetables | 1½–2 cups daily  | 1 large sweet potato + 12 baby carrots OR 1 large ear of corn + 10 broccoli florets |
| Fat free or low-fat dairy | 2–3 cups daily  | 8 oz. glass of milk + 8 oz. of yogurt + 1½ oz. of cheddar cheese, which is about the size of 4 dice |
| Whole grains | 6 oz. daily  | 2 slices of whole grain bread + 1 cup of cooked brown rice + 1 cup cooked whole wheat pasta |

| | | |
|-------------------------------------|--|---|
| Lean meat, fish, and poultry | 3–6 ounces daily  | 3 eggs or 6 egg whites, OR Sirloin, cod, or chicken the size of a deck of cards |
| Nuts, seeds, and legumes | 1/3–1/2 cup every other day  | 1/3 cup of nuts such as almonds, walnuts or peanuts, OR 1/2 cup cooked lentils, kidney beans, or peas |
| Oils | 2 teaspoons  | Soft margarine, OR Vegetable oil, OR Mayonnaise, OR Salad dressing |
| Sweets | 1 sweet for a special treat (less than 5 per week)  | 1 cup of lemonade, OR 1 tablespoon of jelly or jam, OR 1/2 cup of sorbet or jello, OR 3 hard candies |

The DASH plan calls for less salt (sodium)

Eating less salt helps lower your blood pressure and keeps you healthy. Try to eat only about 2,300mg of salt each day. Look for sodium on nutrition labels — most of the salt we eat comes from packaged foods.

DASH foods naturally have less salt in them, so following the diet will help you reach this goal. Here are other ways to eat less salt:

- Look for foods labeled “no salt added”, “sodium-free”, or “low sodium”
- Drain and rinse canned foods
- Try not to add salt while cooking rice, pasta, or hot cereal
- Replace salt with onions, garlic, herbs, spices, juices, and vinegars for flavor

The DASH plan calls for little to no alcohol

Drinking alcohol makes you more likely to get heart disease or have a stroke. It may also cause problems with your medicines. **Try to avoid alcohol.**

If you drink alcohol, drink less than:

- 1–2 drinks per day for men
- 1 drink per day for women



1 drink is:

12 ounces of beer, OR
4 ounces of wine, OR
1 ounce of hard liquor

Weekly DASH food journal

In the space below, write how much (cups, oz) of each food type you eat that day.

Monday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Tuesday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Wednesday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Thursday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Friday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Saturday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |

Sunday

| | | | | | | | |
|------------|-------|-------------|-------|--------|-------|---------|-----|
| Fruit | _____ | Grains | _____ | Oils | _____ | | |
| Vegetables | _____ | Lean meats | _____ | Salt | _____ | | |
| Dairy | _____ | Nuts, seeds | _____ | Sweets | ___ | Alcohol | ___ |