

THE DASH DIET TO CONTROL HIGH BLOOD PRESSURE



The DASH (Dietary Approaches to Stop Hypertension) study showed that a diet rich in low-fat dairy foods, fruits and vegetables can lower blood pressure in individuals with both normal and elevated blood pressure. The DASH diet was based on a 2000-calorie diet and contained the number of servings in the chart below. Depending on your calorie needs, the number of servings may vary. Use the DASH diet to help prevent or control high blood pressure, make it part of a healthy lifestyle that includes choosing foods lower in salt, maintaining a healthy weight and including daily physical activity.

The DASH Eating Plan*

Food Group	Daily Servings	One Serving Equals
Milk and Dairy	2-3	8 oz. low-fat milk 1 cup lowfat yogurt 1 1/2 oz. low-fat cheese
Fruits	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup canned fruit 6 oz. fruit juice
Vegetables	4-5	1 cup raw leafy vegetables 1/ 2 cup cooked vegetables 6 oz. vegetable juice
Grains	7-8	1 slice bread 1/ 2 cup dry of hot cereal 1/ 2 cup cooked rice or pasta
Meat, Fish, Poultry	2 or less	3 oz. cooked meat, poultry or fish
Nuts, Seeds, Dried Beans	4-5 per week	1/3 cup nuts 2 Tbsp. seeds 1/ 2 cup cooked dried beans

Sample DASH Menu*

<p>Breakfast 1 cup corn flakes with 8 oz. lowfat milk 1 banana 1 slice whole wheat toast with 1 Tbsp. jelly 1/ 2 grapefruit</p>	<p>Snack 1/ 4 cup dried apricots 1/2 cup mini pretzels 1/3 cup mixed nuts 1 cup fruited lowfat yogurt</p>
<p>Lunch 2 oz. sliced turkey on 1 slice pita bread 1 Tbsp. lowfat mayonnaise Vegetable medley with: 3-4 sticks each of carrot and celery, 2 radishes, 2 loose leaf lettuce leaves 1/ 2 cup fruit cocktail in light syrup</p>	<p>Dinner 3 oz. grilled lean beef with 1 cup scallion rice 1 cup steamed broccoli 1 cup raw spinach, 2 cherry tomatoes, 2 cucumber slices, and 1 Tbsp. light Italian dressing 8 oz. lowfat chocolate milk</p>

*Adapted from *The National Dairy Council, 2004.*

Dash Diet Hints for Success

- If you eat only one or two vegetables a day; add one serving at lunch and one at dinner.
- Treat meat as part of the whole meal, instead of the focus. Reduce large portions of meat, by cutting down by half at each meal. Include two or more vegetarian-style meals every week.
- Drink lowfat milk with lunch or dinner instead of soda, alcohol, or sugar-sweetened tea.
- Make gradual changes in your eating habits; you are more likely to maintain those changes permanently if you make small changes that can be realistically maintained.