



DASH DIET

“Dietary Approaches to Stop Hypertension”

This eating plan was designed to lower the risk of hypertension (high blood pressure). High blood pressure affects 1 in 3 U.S. adults and is a major risk factor for heart disease.



Health Benefits

The benefits of DASH are well-documented. Studies have found that people who follow DASH can lower their blood pressure within a few weeks.

The DASH diet can also help you:

- Maintain a healthy weight: If you follow the DASH eating plan combined with calorie cutting, research shows you'll likely shed pounds..
- The DASH diet may help lower cholesterol. Having high cholesterol is a major risk factor for heart disease.
- Reduce your risk for certain health problems: Research shows that following DASH could lower your risk of breast cancer, colorectal cancer and metabolic syndrome, a group of conditions that raises the risk of Type 2 diabetes, heart disease and stroke.

Foods to Eat:

- **Whole grains** (whole grain bread, brown rice, quiona)
- **Lean meats** (chicken, sirloin, tuna)
- **Vegetables** (spinach, broccoli, carrots)
- **Fruits** (apples, peaches, berries)
- **Fat-free or low-fat dairy** (skim milk, low-fat cheese, low-fat yogurt)
- **Nuts, seeds, legumes** (almonds, flaxseed, lentils)
- **Fats & oils** (avacado & olive oil)

These foods are naturally high in fiber, magnesium, potassium and calcium, and are also low in sodium.

Foods to limit:

- **Fatty and processed red meats** (hot dogs, bologna, sausage, poultry with skin)
- **Full fat dairy** (whole milk, cream and butter)
- **Oils solid at room temperature** (coconut & palm oil)
- **High-sugar foods** (candy, baked goods, dessert)
- **High-sugar drinks** (soda, juice, sweetened coffee & tea)

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Suggested Servings

