

## what is the DASH diet?

DASH stands for **Dietary Approach to Stop Hypertension**. DASH is a balanced, heart-healthy eating style. It emphasizes foods that are rich in magnesium, potassium, and calcium. These nutrients help lower blood pressure, decreasing your risk of heart disease and stroke. The DASH diet may also assist with weight management, blood sugar control, and lowering cholesterol and triglyceride levels.

### DASH diet tips:

#### Choose **MORE OFTEN**

- Fruits and vegetables
- Whole grains
- Lean meats, poultry, fish
- Low fat or nonfat dairy
- Healthy fats and oils
- Nuts, seeds, legumes

#### Choose **LESS OFTEN**

- Salt (sodium)
- Refined grains
- Red meat
- Full fat dairy
- Sweets
- Sugar-sweetened beverages

### How to follow the DASH diet:



#### Eat more fruits and vegetables

Fruits and vegetables provide many vitamins and minerals and are rich in potassium and fiber. Choose fresh, frozen, dried, or canned. When canned, drain and rinse to remove sugar and sodium or choose canned produce without salt.



#### Choose whole grains over refined grains

Whole grains provide energy, B-vitamins, magnesium, and fiber. Choose whole grains at least half of the time. Try brown rice, oats, quinoa, and 100% whole grain breads, crackers, and cereals. Limit white rice and white breads.



#### Select low fat dairy products and alternatives

Dairy products and fortified milk alternatives including soy milk, almond milk and oat milk contain important nutrients that help to lower blood pressure. Choose low fat or nonfat dairy rather than high fat dairy products like whole milk, butter, and heavy cream. Select unsweetened or low sugar varieties of milk and yogurt.



#### Choose heart-healthy fats over saturated fats

Saturated fats, found in red and processed meat, high fat dairy, baked goods and desserts, coconut oil, and palm oil, may increase cholesterol and contribute to risk of heart disease. Instead, choose lean meats, fish, skinless poultry, nuts, seeds, avocado, and low fat dairy. Use olive oil instead of butter. Choose lower fat cooking methods such as baking, broiling, grilling, roasting, and steaming. Limit deep fried foods.



#### Reduce salt (sodium)

Focus on fresh, unprocessed foods. Season your foods with herbs and salt-free spices. Too much sodium can increase your blood pressure. Avoid high sodium foods such as frozen dinners, cured meats, pickles, and fast food.



#### Limit sweets, desserts and sugar-sweetened beverages

Sweets, desserts, and sugar-sweetened beverages are low in nutrients and provide excess calories. Enjoy whole fruits to satisfy your sweet tooth. Opt for flavored carbonated waters instead of sugary soft drinks.

# DAILY SERVINGS

## for a 2000-calorie DASH diet

CATEGORY	DAILY SERVINGS	examples of 1 SERVING SIZE	EXAMPLES / NOTES
<b>Fruits</b>	4-5	<ul style="list-style-type: none"> <li>1 small apple or orange</li> <li>½ cup fresh, frozen, or canned fruit</li> <li>2 Tbsp dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>apples</li> <li>bananas</li> <li>dates</li> <li>grapes</li> <li>melons</li> <li>oranges</li> <li>peaches</li> <li>pears</li> <li>prunes</li> <li>raisins</li> <li>strawberries</li> </ul>
<b>Vegetables</b>	4-5	<ul style="list-style-type: none"> <li>1 cup raw vegetable</li> <li>½ cup cooked vegetable</li> <li>½ cup vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>asparagus</li> <li>bell pepper</li> <li>broccoli</li> <li>carrots</li> <li>cauliflower</li> <li>green leafy vegetables</li> <li>kale</li> <li>lettuce</li> <li>mushrooms</li> <li>potatoes</li> <li>squash</li> <li>spinach</li> <li>tomatoes</li> <li>zucchini</li> </ul>
<b>Grains</b>	6-8	<ul style="list-style-type: none"> <li>1 slice bread</li> <li>½ cup cooked rice, pasta or cereal</li> </ul>	<p><b>Make most grains whole:</b></p> <ul style="list-style-type: none"> <li>brown rice</li> <li>corn tortilla</li> <li>farro</li> <li>oats</li> <li>quinoa</li> <li>100% whole grain breads or cereals</li> </ul>
<b>Meats, Poultry &amp; Fish</b>	2 or less	<ul style="list-style-type: none"> <li>3 ounces cooked meat, or size of your palm</li> </ul>	<ul style="list-style-type: none"> <li>egg whites</li> <li>fish</li> <li>lean meats</li> <li>seafood</li> <li>skinless poultry</li> </ul>
<b>Low Fat Or Nonfat Dairy</b>	2-3	<ul style="list-style-type: none"> <li>1½ ounces cheese</li> <li>1 cup milk or soy milk</li> <li>1 cup yogurt</li> </ul>	<p><b>Nonfat (skim) or low fat (1%):</b></p> <ul style="list-style-type: none"> <li>milk</li> <li>reduced-sodium cheeses</li> <li>unsweetened yogurt</li> <li>calcium-fortified substitutes</li> </ul>
<b>Fats &amp; Oils</b>	2-3	<ul style="list-style-type: none"> <li>1 tsp vegetable oil</li> <li>1 Tbsp salad dressing</li> <li>2 Tbsp avocado</li> </ul>	<ul style="list-style-type: none"> <li>avocados</li> <li>avocado oil</li> <li>canola oil</li> <li>olive oil</li> <li>peanut oil</li> <li>sesame oil</li> <li>vinaigrette dressing</li> </ul>
<b>Nuts, Seeds Or Dry Beans</b>	4-5 per week	<ul style="list-style-type: none"> <li>⅓ cup or 5 Tbsp nuts</li> <li>2 Tbsp nut butters</li> <li>2 Tbsp seeds</li> <li>½ cup cooked beans</li> </ul>	<ul style="list-style-type: none"> <li>almonds</li> <li>black beans</li> <li>chia seeds</li> <li>chickpeas</li> <li>flaxseeds</li> <li>lentils</li> <li>peanuts</li> <li>pinto beans</li> <li>split peas</li> <li>sunflower seeds</li> <li>walnuts</li> </ul>
<b>Sweets</b>	5 or less per week	<ul style="list-style-type: none"> <li>½ cup juice or ice cream</li> <li>1 Tbsp sugar or syrup</li> </ul>	<ul style="list-style-type: none"> <li>cakes</li> <li>cookies</li> <li>ice cream</li> <li>juice</li> <li>sorbet</li> <li>syrup</li> <li>sugar</li> </ul>