



## DASH\* FACTS

\*DIETARY APPROACHES TO STOP HYPERTENSION

DAILY DASH  
DIARY

Hypertension, or high blood pressure, is a major risk factor for heart disease and stroke. You could be at risk for high blood pressure if you have excess body weight, inadequate intake of fruits, vegetables, low-fat and fat-free milk and milk products, drink too much alcohol, and/or have a sedentary lifestyle. Work with your physician and dietitian to manage these risk factors and find a plan that is right for you. The DASH diet may be part of that plan.

The DASH eating plan is about consuming calcium- and potassium-rich low-fat and fat-free milk and milk products, fruits and vegetables and encourages eating whole grain foods.

Here's how . . .

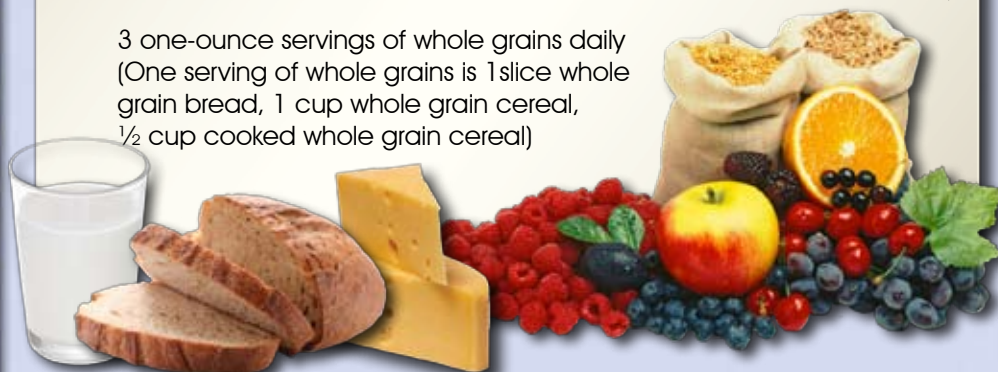
### DASH eating plan

*\*servings based on a 2,000 calorie diet*

3 servings of fat-free or low-fat dairy products per day (One serving of dairy is 8 oz. milk, 8 oz. yogurt or 1 ½ oz. cheese)

8-10 servings of fruits and vegetables every day (One serving of vegetables is 1 cup raw leafy vegetables, ½ cup cooked vegetable, or 6 oz. vegetable juice) (One serving of fruit is 6 oz. fruit juice, 1 medium fruit, 1 ¼ cup dried fruit, ½ cup fresh, frozen or canned fruit)

3 one-ounce servings of whole grains daily (One serving of whole grains is 1 slice whole grain bread, 1 cup whole grain cereal, ½ cup cooked whole grain cereal)



### TIPS FOR SUCCESS:

- Start with a DASH breakfast to get a jump start on your day. Pick a low-fat or fat-free milk product, a piece of fruit and a whole grain item.
- Choose "combination foods" like yogurt mixed with fruit and topped with granola.
- Re-think your drink – make low-fat and fat-free milk your beverage of choice.
- For those with lactose sensitivity try yogurt or hard cheeses such as Cheddar or Swiss, or drink lactose-reduced or lactose-free milk.

Government guidelines for physicians now include the DASH diet as one of the lifestyle modifications they should recommend to their patients to prevent and treat high blood pressure. Doing what you can to modify your lifestyle will help improve your blood pressure control. Let your doctor know you are trying the DASH diet as he monitors your progress.

Research shows that lowering the sodium level in the DASH diet can enhance its ability to lower blood pressure even more. Other studies have shown that the DASH diet can also reduce blood cholesterol and homocysteine levels, further decreasing heart disease risk. A reduced sodium DASH diet was also shown to benefit bone health.

Let USDA's MyPyramid be your guide [www.mypyramid.gov](http://www.mypyramid.gov)

For DASH recipes and example calorie level menus, visit [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

For more tips, go to [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

For more detailed information about the DASH meal plans visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)