

DASH

TO LOWER BLOOD PRESSURE

An eating pattern known as DASH (Dietary Approaches to Stop Hypertension) has been proven to lower blood pressure. The DASH way of eating helps you choose foods that give you minerals and other nutrients shown to help control high blood pressure.

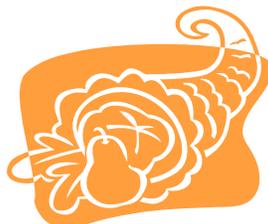
The DASH eating plan has more daily servings of fruits, vegetables and whole grain foods than you might be used to eating. Some people may experience increased bloating and loose stools. To avoid these problems, gradually increase your intake of these foods and discuss symptoms with your physician.

The DASH way of eating is:

- Rich in fruits and vegetables
- Rich in low-fat dairy foods
- Low in fat and cholesterol
- Rich in fiber
- Moderate in fish, poultry, beef and pork

Gradual changes to meals with more fruits, vegetables and whole grains:

- Add an extra serving of vegetables at lunch or dinner.
- Have unsweetened fruit juice at breakfast and have fresh fruit for snacks.
- Choose “100% whole grain” bread and cereal.
- Limit meat to 6 ounces a day (3 oz. is the size of a deck of cards). Remove skin and cut visible fat prior to cooking.
- Have 2 or more meatless meals a week (example: salads, whole grain pasta, vegetable stir fry)



Sample Meal Plan:

Breakfast

Orange Juice (3/4 cup)
Whole wheat toast (1 slice) with peanut butter (1 tsp.)
Oatmeal (1/2 cup) made with raisins (1/3 cup) and
fat-free milk (1 cup)

Lunch

Turkey breast slices (2 oz.)
Whole wheat bread (2 slices)
Fresh carrots (7 sticks) and tomatoes (2 slices)
Apple (1 medium)
Cranberry juice (1/2 cup)

Dinner

Baked fish (3 oz.)
Brown rice (1 cup)
Zucchini, cooked (1/2 cup)
Kidney bean salad (1/2 cup; low-fat dressing (1 Tbsp.)
Fat-free milk (1 cup)

Snacks

Fresh fruit
Fresh vegetables
Fat-free milk
Seeds, nuts

For more information on the DASH way of eating, visit the National Heart, Lung and Blood Institute website at: www.nhlib.nih.gov or call: 1-800-575-WELL.

Have your blood pressure checked regularly and talk to your health care provider about any new dietary changes.

Source: National Heart, Lung and Blood Institute; Wisconsin Department of Health and Family Services. January, 2011