

# DASH DIET



*5-Time Ranked*



The DASH (Dietary Approaches to Stop Hypertension) diet is popular for its science-based, inclusive approach to helping Americans lower their high blood pressure nearly as effectively as some medications.

- ✓ Lower/Manage Hypertension or High Blood Pressure
- ✓ Improve Heart Health and Decrease Risk of Stroke
- ✓ May assist with weight loss and bone health
- ✓ Safe and sustainable for the whole family

## DASH DIET AND DAIRY

The DASH diet is naturally rich in calcium, potassium, magnesium, fiber and protein and low in saturated and trans fats.

Milk, yogurt and cheese are among the top diet contributors of calcium, potassium and magnesium – a trio of minerals that have been shown to play an important role in maintaining blood pressure.

# It's about what you ARE eating, not what you're not!

Daily DASH Diet Recommendations on a 2000 calorie diet

## TIPS:

- Start incorporating fruits and vegetables into meals one at a time (Blend cooked vegetables into spaghetti sauce, top homemade pizza with a layer of sautéed vegetables and low-fat mozzarella cheese or add a handful of spinach to a morning smoothie with low-fat yogurt and cup of frozen fruit).
- For those with lactose intolerance try yogurt or hard cheeses such as Cheddar or Swiss, or drink lactose- reduced or lactose-free milk.

## READ MORE:

Read and learn more about the science, history and pattern of the DASH diet from the US Department of Health and Human Services National Heart, Lung and Blood Institute at [nhlbi.nih.gov](http://nhlbi.nih.gov).

Let The USDA's MyPlate be your guide [choosemyplate.gov](http://choosemyplate.gov).



## GRAINS

DAILY SERVINGS  
**6-8**

1 slice whole grain bread	½ bagel
⅓ cup rice	6" tortilla
⅓ cup pasta	4" pancake
½ cup oatmeal	5-6 crackers
½ cup cereal	3 cups popcorn
½ cup starchy vegetable	



## MEAT, POULTRY, FISH

DAILY SERVINGS  
**< 6**

1 ounce



## VEGETABLES

DAILY SERVINGS  
**4-5**

1 cup raw  
½ cup cooked



## FRUITS

DAILY SERVINGS  
**4-5**

1 small fresh fruit  
2 Tablespoons dried fruit  
½ cup of juice



## LOW-FAT OR FAT-FREE DAIRY

DAILY SERVINGS  
**4-5**

1 cup milk  
1 cup yogurt  
1 ounce cheese



## FATS AND OILS

DAILY SERVINGS  
**2-3**

1 teaspoon oil or butter



## NUTS, SEEDS, BEANS, PEAS

WEEKLY SERVING  
**4-5**

½ cup cooked beans/peas/legumes  
~¼ cup nuts  
1 Tablespoon seeds



## SWEETS

WEEKLY SERVING  
**< 5**