

UNDERSTANDING THE DASH DIET

[Dietary Approaches to Stop Hypertension]



The DASH diet is a great example of a healthy diet that lowers blood pressure without the use of drugs. It is high in fiber, potassium, calcium, and magnesium but low in sodium, saturated fat and cholesterol.

FOODS to FOCUS ON	DAILY SERVINGS	SERVING EXAMPLES
Fruits	4-5	1 medium fruit
Vegetables	4-5	1 cup raw vegetables
Whole Grains	6-8	1 slice bread
Low-Fat Dairy	2-3	1 cup yogurt
Meat, Poultry, Fish	2 or less	3 oz. chicken breast
Nuts, Seeds, Dry Beans	4-5 per week	1/2 cup beans, cooked
Fats & Oils	2-3	1 tsp olive oil
Sweets	5 or less	1 Tbsp Jelly

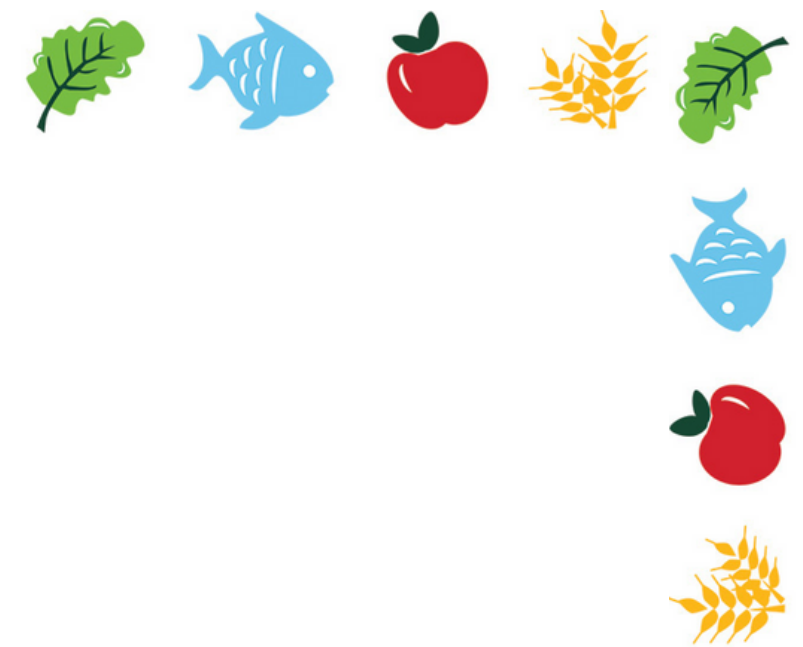
Foods to Limit or Avoid

- Packaged & processed foods
- Red meat (beef, lamb, and pork)
- High-fat foods
- Concentrated sweets & sugary beverages

- Both "diets" focus on **lifestyle changes** and eating more **nutrient dense, whole foods**
- DASH was adapted for American tastes
- DASH has higher focus on legumes, less on seafood



- Cook with **mushrooms, tomato products, herbs, & spices**
- Finish dishes with **reduced sodium soy sauce, fresh citrus or aged cheeses**



DASH vs. Mediterranean Diet

Flavor Building Tips

