

TO CONTROL BLOOD PRESSURE

DASH* TO THE DIET

FOLLOWING THE DASH EATING PLAN

**Dietary Approach to Stop Hypertension*

New research shows that a diet low in fat and rich in lowfat dairy foods, fruits and vegetables, substantially lowers blood pressure in people with or without high blood pressure without sodium restriction or the use of drugs. A great complement to other current lifestyle recommendations.

(Appel, EJ et al., NEJM, 336(16), 1117-24, 1997.)



THE DASH DIFFERENCE

The meal pattern shown below, from the "Dietary Approaches to Stop Hypertension" (DASH) study (a National Institutes of Health-funded research project), is rich in lowfat dairy foods, fruit and vegetables. As reported in the New England Journal of Medicine, the DASH diet lowered blood pressure in individuals with

both normal and elevated blood pressure. The study was based on a 2000 calorie diet and contained the number of servings from each of the food groups shown in the chart below. For many people, following the DASH meal pattern can be an important and easy step in preventing or managing high blood pressure.

The DASH Eating Style

| FOOD GROUP | DAILY SERVINGS | 1 SERVING EQUALS |
|---------------------------------|----------------|---|
| Milk and Dairy | 2-3 | 8 oz lowfat milk 1 cup lowfat yogurt 1½ oz lowfat cheese |
| Fruits | 4-5 | 1 medium fruit ¼ cup dried fruit ½ cup frozen or canned fruit 6 oz fruit juice |
| Vegetables | 4-5 | 1 cup raw leafy vegetables ½ cup cooked vegetables 6 oz vegetable juice |
| Grain | 7-8 | 1 slice bread ½ cup dry or hot cereal ½ cup cooked rice or pasta |
| Meat, Fish, Poultry | 2 or less | 3 oz cooked meat, poultry, or fish |
| Nuts, Seeds, Dried Beans | 4-5 per week | ½ cup nuts 2 tbsp seeds ½ cup cooked dried beans |

Sample DASH Menu

| | |
|------------------|---|
| Breakfast | 1 cup corn flakes (with 1 tsp sugar) 8 oz lowfat milk 1 banana 1 slice whole wheat toast 1 tbsp jelly ½ grapefruit |
| Lunch | 2 oz sliced turkey 1 pita bread 1 tbsp lowfat mayonnaise Raw vegetable medley with: 3-4 sticks each carrot and celery 2 radishes 2 loose leaf lettuce leaves ½ cup fruit cocktail in light syrup |
| Snack | ¼ cup dried apricots ¾ cup mini pretzels ½ cup mixed nuts 1 cup flavored lowfat yogurt |
| Dinner | 3 oz grilled lean beef 1 cup scallion rice 1 cup steamed broccoli spinach salad with ½ cup raw spinach 2 cherry tomatoes 2 cucumber slices 1 tbsp light Italian dressing 8 oz lowfat chocolate milk |

10 Ways to DASH Up Your Dining

1 Re-think your drink!

Make lowfat milk your beverage of choice: order it when dining out.



2 Pizza, Pizza, Pizza!

Combine a pre-made pizza crust with pizza sauce, shredded lowfat mozzarella and lots of vegetable toppings—fresh tomatoes, zucchini, spinach, carrot curls, cauliflower, broccoli and artichoke hearts—for a totally awesome creation.



3 Start Your Day—

with whole grain cereal and lowfat milk.



4 Make it with Milk!

Use lowfat milk in place of water when cooking, especially with instant soup and boxed rice and pasta dishes.



5 For That Snack Attack:

Serve cereal with lowfat milk and fresh fruit. For a tangy twist, layer flavored lowfat yogurt with cereal to create yogurt sundaes.



6 Make Super Soup!

Prepare instant and canned soup with lowfat milk instead of water. Add fresh, canned or frozen vegetables to prepared soups.

7 Shake 'em Up!

Create blender drinks. Start with a cup of lowfat milk, add frozen fruit chunks and flavorings to make your own smoothie drink.



8 Create a Baked Potato Bar—

Serve baked potatoes with a variety of toppings like lowfat cheese, chili, refried beans, salsa or broccoli.

Add them up—one meal could contain three to four vegetable servings!



9 Encourage Big Dippers!

Make a fruit dip by sprinkling cinnamon into vanilla lowfat yogurt. For a quick vegetable dip, add ranch seasoning or French onion soup mix to plain lowfat yogurt.

10 Say Cheese!

Melt shredded lowfat cheese over steamed vegetables.