**The DASH Diet**

**Eating to Control Blood Pressure**

The DASH diet (or “Dietary Approaches to Stop Hypertension”) has been shown to be the most effective diet to lower blood pressure. The DASH diet is rich in fruits, vegetables and dairy. The diet limits red meat, fried foods and refined grains.

<table>
<thead>
<tr>
<th>Category</th>
<th>Number Servings</th>
<th>Serving Size</th>
<th>DASH Recommended Foods</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Grains            | 6-8 per day     | 1 slice of bread or ½ cup  | Whole wheat bread, pasta or couscous  
Brown rice  
Bulgur, wheat berries, kamut, quinoa  
Whole grain cereals (oatmeal, bran flakes) | Look for products with at least 3 grams servings of fiber per serving |
| Vegetables        | 4-5 per day     | 1 cup raw or ½ cup cooked  | All vegetables! Try carrots, broccoli, cabbage, cauliflower, onions, eggplant, asparagus, zucchini, Brussels sprouts, peppers, squash, potatoes, bean sprouts, kale, green beans, yellow squash, tomatoes, cucumber, celery, turnips, corn | Choose roasted, grilled or steamed vegetables. Avoid fried or pickled vegetables and vegetables with sauce. |
| Fruit             | 4-5 per day     | 1 cup raw or ½ cup cooked  | All fruits! Try oranges, apples, bananas, berries, grapes, grapefruit, kiwi, pineapple, peaches, pears, apricots, cherries, melon, mango | Choose fresh or frozen fruit. Canned fruit in “light syrup” or “juice” is also a healthy choice. |
| Dairy             | 2-3 per day     | 1 cup milk, 3/4 cup yogurt | Skim or low fat milk  
Non-fat or low fat yogurt | Avoid yogurt with large amounts of added sugar; choose plain or vanilla. |
| Poultry, Meat & Fish | 2 per day    | 3 oz (a deck of cards)     | Salmon, cod, tilapia, tuna  
Boneless, skinless chicken or pork; pork loin  
Lean ground beef or steak | Choose meats that are baked or grilled. Avoid fried meats. Choose lean cuts of meat. |
| Nuts, Seeds & Legumes | 4-5 per week | ½ cup or ¼ cup nuts, 2 tablespoons seeds | Unsalted nuts. Try almonds, cashews and walnuts  
Dried or low-sodium canned beans (black, pinto, garbanzo, kidney)  
Lentils and peas  
Unsalted sunflower, pumpkin and other seeds | Choose unsalted nuts and seeds. Pay close attention to portion sizes of nuts and seeds. |
| Fats & Oils       | 2-3 per day     | 1 teaspoon                 | Olive, canola or avocado oil  
Margarine | Avoid large amounts of butter and trans fat. Look for margarine without trans fat. |
| Sweets            | 5 or less per week | 1 teaspoon jelly, ½ cup frozen treat, 1 piece candy | Low fat frozen yogurt, sorbet, Italian ice, sherbet  
Hard candy  
Fruit jelly and jam  
Graham crackers or rice krispie treats | Avoid high fat desserts such as cake, cookies and ice cream. |
| Alcohol & Caffeine | Limit           |                            | Excessive alcohol and caffeine can increase blood pressure in large amounts. Try to limit alcohol, coffee and cola as much as possible. |
# The DASH Diet

## Eating to Control Blood Pressure

### Example DASH Meal Plan

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup oatmeal</td>
<td>3 cups salad</td>
<td>3 oz baked salmon</td>
<td>¾ cup plain low fat yogurt</td>
</tr>
<tr>
<td>1 cup blueberries</td>
<td>½ cup chicken salad</td>
<td>1 cup steamed green beans</td>
<td>1 orange</td>
</tr>
<tr>
<td>2 tablespoons almonds</td>
<td>made with yogurt</td>
<td>1 cup brown rice</td>
<td>1 kiwi</td>
</tr>
<tr>
<td>1 pear</td>
<td>1 cup grapes</td>
<td>1 whole wheat roll</td>
<td>½ cup sorbet</td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>1 slice whole wheat bread</td>
<td>1 teaspoon margarine</td>
<td>1 banana</td>
</tr>
<tr>
<td>2 slices whole wheat toast</td>
<td>1 tablespoon peanut butter</td>
<td>1 whole wheat roll</td>
<td>¾ cup plain low fat yogurt</td>
</tr>
<tr>
<td>1 tablespoon peanut butter</td>
<td>1 apple</td>
<td>1 teaspoon margarine</td>
<td>1 cup raspberries</td>
</tr>
<tr>
<td>1 cup bran flakes</td>
<td>1 cup skim milk</td>
<td>1 cup tomato</td>
<td>¼ cup almonds</td>
</tr>
<tr>
<td>1 grapefruit</td>
<td>1 cup spinach</td>
<td>1 teaspoon margarine</td>
<td>2 graham crackers</td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>&amp; red peppers</td>
<td>1 cup pineapple</td>
<td>1 apricot</td>
</tr>
<tr>
<td>2 scrambled eggs</td>
<td>1 slice whole wheat toast</td>
<td>1 teaspoon margarine</td>
<td></td>
</tr>
<tr>
<td>w/ 1 cup spinach &amp; red peppers</td>
<td>1 teaspoon margarine</td>
<td>1 cup pine</td>
<td></td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>1 cup plain low fat yogurt w/</td>
<td>1 cup strawberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup strawberries</td>
<td>2 teaspoons walnuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cup granola</td>
<td></td>
</tr>
</tbody>
</table>

### Average Daily Nutrient Totals*:

- Calories: 1669
- Carbohydrate: 243 g
- Protein: 84 g
- Fat: 47 g
- Saturated Fat: 9.5 g
- Cholesterol: 167 mg
- Fiber: 37 grams
- Added Sugar: 15 grams
- Sodium: 1394 mg
- Potassium: 3691 mg
- Calcium: 1023 mg

*Nutrient Totals assume food is cooked without salt or fat unless indicated.