

## DASH DIET

The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. The standard DASH diet meets the recommendation from the Dietary Guidelines for Americans to keep daily sodium intake to less than 2,300 mg a day. The lower sodium version of the diet matches the recommendation to reduce sodium to 1,500 mg a day if you're 51 and older, black, or have hypertension, diabetes or chronic kidney disease.

### What to eat

- Whole grains—6-8 servings a day
- Fruits—4-5 servings a day
- Vegetables—4-5 Servings a day
- Low fat dairy—2-3 servings a day
- Fish—6 or fewer servings
- Chicken—6 or fewer servings
- Legumes, nuts and seeds—4-5 servings a week
- Fats and oils—2-3 servings a day
- Sweets – 5 or fewer a week

### Keep in Mind:

- Even lean varieties of meat contain fat and cholesterol, don't make them a mainstay of your diet cut back typical meat portions by one-third or one-half and pile on the vegetables instead.
- Read food labels—be mindful of how much fat, sugar, and sodium you are consuming
- Choose fat-free or low fat sweets such as sorbet, fruit ices, jelly beans, hard candy, and graham crackers.
- Use artificial sweeteners in moderation
- Cut back on added sugar, which has no nutritional value but can pack on calories.

