

Take Control of Your Blood Pressure

If your goal is to lower your blood pressure and enjoy a healthful eating plan, then the DASH diet may be perfect for you. The Dietary Approaches to Stop Hypertension (DASH) trial published in *The New England Journal of Medicine* is one of the recommended eating plans in the 2015-2020 Dietary Guidelines. The DASH diet lowers blood pressure by including higher amounts of potassium, magnesium and calcium, even without reducing sodium.

What's in the DASH Eating Plan?

- **6-8 daily servings of grains**, with at least three of those servings as whole grains. Whole grains are good sources of fiber and minerals. One serving is equal to 1 ounce of bread, ½ cup of cooked rice/pasta, ½ cup of cooked cereal, or 1 cup of dry cereals.
- **4-6 daily servings of fruit**. Emphasize fresh fruit or unsweetened canned or frozen fruit. One serving is equal to ½ cup of cut-up, canned, or frozen fruit or 1 small piece of fresh fruit. Fruit is a good source of fiber, potassium and magnesium and is naturally low in sodium.
- **4-6 daily servings of vegetables**, including raw or cooked vegetables. One serving



is equal to 1 cup of raw leafy green vegetables or 1/2 cup of chopped vegetables. Vegetables are good sources of fiber, potassium, and magnesium and are naturally low in sodium.

- **2-3 daily cups of non-fat or low-fat dairy foods** like milk, cheese, or yogurt for protein, calcium, potassium, and Vitamin D. One serving is equal to 1 cup of milk or yogurt or 1 and ½ ounces of cheese.
- **6 ounces of lean protein each day** like chicken, fish, and lean red meat, which are sources of protein, B vitamins, iron, & zinc.
- **3-6 weekly servings of nuts, seeds, and legumes** for fiber, protein, magnesium, and potassium. One serving of nuts and seeds is equal to 1 ounce. One serving of legumes is ½ cup.
- 2-4 servings of fats and sweets.

Sample DASH-Style Menu

- **Breakfast:** 1 cup oatmeal, 1 sliced banana, 1 cup milk
- **Snack:** 1 cup yogurt with ½ cup sliced fruit
- **Lunch:** 3 oz turkey sandwich on 2 slices of whole wheat bread with lettuce and tomato, 1 cup vegetable salad (mix together black beans, onion, green pepper, and tomato with 1 tsp olive oil and ½ tsp vinegar), ½ cup grapes
- **Snack:** 1 cup celery and carrots with ¼ cup hummus
- **Dinner:** 3 oz grilled chicken, 1 cup roasted mixed vegetables, ½ cup brown rice
- **Dessert:** ½ cup strawberries with a dollop of whipped cream

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