



DASH Diet

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► Dairy: 2 to 3 servings a day

Milk, yogurt, cheese, and other dairy products are the primary sources of calcium, vitamin D, and protein. Examples of a meal include 1 cup of skim milk or 1%, 1 cup of low-fat yogurt, or 1/2 ounce of skim cheese.

► Lean meat, poultry, and fish: 6 servings per ounce or less per day

Meat can be a rich source of protein, B vitamins, iron, and zinc. Choose lean types and do not eat more than six meals a day. Samples of one meal include one egg or 1 ounce of cooked meat, chicken, or fish

► Nuts, seeds, and legumes:

4 to 5 servings per week

Almonds, sunflower seeds, kidney beans, peas, lentils, and other family foods are good sources of magnesium, potassium, and protein. It is considered consumed only a few times a week because these foods are higher in calories. Examples of a meal include 1/3 cup cooked nuts, two tablespoons of seeds or butter, or 1/2 cup cooked beans or peas.



► Fat and oil: 2 to 3 servings a day

Fat helps the body absorb essential vitamins and helps the immune system. Examples of a meal include one teaspoon of soft margarine, one tablespoon of mayonnaise, or two tablespoons of salad dressing.

► Sweets: 5 servings or less per week

You do not need to ban sweets completely when following the DASH diet. Just control their consumption. Examples of a meal include one tablespoon of sugar, jelly, or jam, 1/2 cup milk, or 1 cup of lemonade



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THE DASH DIET



► Foods allowed in the DASH diet

Cereals: 6 to 8 servings a day

Cereals include bread, cereals, rice, and pasta. Examples of a cereal meal include one slice of whole wheat bread, 1-ounce dry cereal, or half a cup of cooked cereal, rice, or pasta.

► Vegetables: 4 to 5 servings a day

Vegetables include tomatoes, carrots, broccoli,



sweet potatoes, vegetables, and other high-fiber vegetables, vitamins, and minerals such as potassium

and magnesium. Examples of a serving include 1 cup of raw green leafy vegetables or 1/2 cup of raw or cooked sliced vegetables.

► Fruits: 4 to 5 servings a day

Many fruits require little preparation to become a healthy part of a meal or snack. Fruits, like vegetables, are high in fiber, potassium, and magnesium and are usually low in fat (coconut is an exception). Examples of a meal include a medium-sized fruit, half a cup of fresh, frozen, or canned fruit, or 4 ounces of fruit juice.

DASH stands for Dietary Approaches to Stop Hypertension, and the DASH Diet is a healthy diet for lowering blood pressure that emphasizes the right size and variety of foods and nutrients. The DASH Diet helps to reduce sodium in the diet and intake. A variety of nutrient-rich foods such as potassium, calcium, and magnesium lead to lower blood pressure.

► Types of DASH diets

DASH standard diet: You can consume up to 2300 mg (mg) of sodium per day.

DASH Low Sodium Diet: You can consume a maximum of 1500 mg of sodium per day.

Both versions of the DASH diet are designed to reduce the consumed sodium compared to a regular diet.