



DASH Diet



Dr. Majid Ghayour Mobarhan Nutritionist from the UK

➤ 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.

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



DASH stands for Dietary Approaches to Stop
Hypertension, and the DASH Dash diet is a
healthy diet for lowering blood pressure that
emphasizes the right size and variety of foods
and nutrients. The DASH 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.



Foods allowed in the DASH diet

Cereals: 6 to 8 servings a day

Cereals include bread, cereals, rice, and pasta.

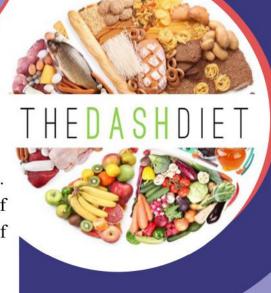
Examples of a cereal meal include one slice of whole wheat bread, 1-ounce dry cereal, or half a cup of cooked cereal, rice, or pasta.

➤ 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.

