

**\* Dietary Approaches to Stop Hypertension**

Revised 27.12.06

**DASH \* Lifestyle**

Food Groups	Daily Servings	Serving Size	Examples and Notes
Grains and grain products <b>(Whole Grains Only)</b>	5-8 servings /day	1 slice of bread (unless 12 grain bread or bagel = 2 servings) ½ cup dry cereal ½ cup cooked rice, pasta, or cereal	Whole grain breads, rice, pasta and cereals (ie.oatmeal, bran cereal, whole grain rice, whole wheat pasta or bread)
Vegetables	4-5 servings/ day	1 cup raw leafy vegetable ½ cup cooked vegetable 6oz low sodium vegetable juice	Tomatoes, broccoli, asparagus, spinach, bell peppers, squash, turnip, artichokes, beans, sweet
Fruits	4-5 servings /day	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apples, pears, apricots, dates, grapes, melons, mangoes, peaches, pineapple, prunes, raisins, strawberries, tangerines Limit oranges and bananas.
Low-fat or nonfat dairy	2-3 servings/day	8 oz. milk 1 cup yoghurt 1 ½ oz cheese	Skim milk, skim buttermilk, nonfat or low-fat yoghurt, skim mozzarella cheese, nonfat cheese
Meats, poultry, and fish	2 servings/ day	3 oz. cooked meats, poultry, or fish <u>Example:</u> (Fish 4x, Chicken, Turkey 3x per week) <b>No cured meats, bacon, ham or meat with fat.</b>	Lean meats (trimmed of visible fat), broiled, roasted or baked poultry with skin removed, <b>fish should be ↑ 4-5 x weekly</b>
Nuts, seeds, and legumes	4-5 servings <b>per week</b>	1 ½ oz. or 1/3 cup nuts ½ oz. or 2 tbsp seeds ½ cup cooked legumes	Almonds (10-12 fresh, non-roasted, non-salted, non-coated), filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils

**To lose weight, a reduction in the # of servings may be necessary.**

**In general, use egg whites only (“Egg Beaters” is a good substitute), and use Becel Light Margarine in place of butter.**

**Diabetics may need to reduce the above recommended daily servings to meet their caloric restrictions. Diabetic patients should also avoid eggs, including eggs in prepared/packaged foods (ie. Mayonnaise, cake, etc)**

Sodium Reduction

- Recommended daily intake of sodium equals 2 400 mg or approximately one teaspoon of table salt
- Use reduced or no-salt-added products
- Buy fresh, plain or frozen vegetables
- Use fresh poultry, fish, and lean meat rather than canned, smoked, or processed types
- Limit cured foods (bacon, ham) or foods packed in brine (pickles, olives, sauerkraut) and condiments (MSG, mustard, ketchup, horseradish)

Exercise

- 45-90 minutes of aerobic exercise daily and/or 10 000 steps daily using a pedometer.
  - Go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) (recipes on-line)
  - Google: American Heart Association “No Fad Diet”; See web site