DASH Eating Plan:
DASH TO GOOD HEALTH

If you are one of the many Americans with high blood pressure (also called hypertension), changing what you eat can help lower your blood pressure. Lower blood pressure can prevent heart disease, stroke and kidney disease. If you have diabetes, controlling your blood pressure is as important as controlling your blood sugar.

What is DASH?

DASH stands for Dietary Approaches to Stop Hypertension.

DASH is an eating plan that lowers the amount of salt or sodium eaten every day. Sodium is another name for salt. Too much sodium increases blood pressure.

The DASH eating plan also recommends less fat and sugar and more fresh fruits and vegetables. Fresh fruits and vegetables are rich in fiber and other nutrients that help lower blood pressure. Following the DASH eating plan can help you eat fewer calories and lose weight.

How much SODIUM should I eat?

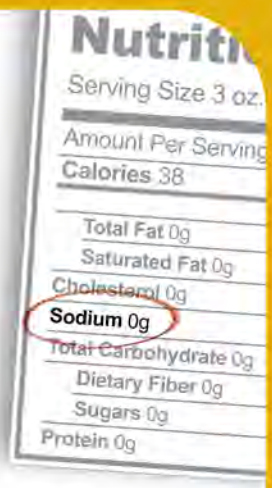
The 2010 Dietary Guidelines for Americans recommends 1500 mg of sodium (2/3 tsp of salt) each day for people:

- ✔ Over the age of 50
- ✔ Who are African American of any age
- ✔ With high blood pressure (140/90 or higher)
- ✔ With diabetes or heart disease

People not listed above should eat less than 2300 mg of sodium (1 teaspoon of salt) per day.

Take Action:

- ✔ Make slow changes in your diet. Pick easy changes first like having fruit as a snack.
- ✔ Learn to check food labels for sodium and other nutrition information.
- ✔ Season food with herbs and spices instead of salt.
- ✔ Cook more meals with fresh foods so you can cut back on salt and fat.



Did you know?

- ✔ Fast food restaurants provide nutrition information.
- ✔ Most of the sodium we eat – almost 80% – comes from restaurant meals and processed foods.
- ✔ If you slowly eat less sodium over time you are less likely to notice the change.
- ✔ Increasing physical activity and losing a little weight will help lower blood pressure.

DASH Eating Plan Goals

by Calorie Level

Serving Size Examples	1,400 Calories	1,800 Calories	2,400 Calories
Grains 1 slice bread 1 ounce (oz) dry cereal ½ cup cooked rice, pasta, or cereal	**5-6** servings daily	**6** servings daily	**7** servings daily
Vegetables 1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	**3-4** servings daily	**4-5** servings daily	**5-6** servings daily
Fruits 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	**4** servings daily	**4-5** servings daily	**5-6** servings daily
Fat-free or low-fat milk, milk products 1 cup milk or yogurt 1 ½ oz cheese	**2-3** servings daily	**2-3** servings daily	**3** servings daily
Lean meats, poultry, fish 1 oz cooked meats, poultry, or fish 1 egg	**3-4** servings daily or less	**6** servings daily or less	**6** servings daily or less

Serving Size Examples	1,400 Calories	1,800 Calories	2,400 Calories
Nuts, seeds, and legumes 1 oz nuts 2 tablespoon (tbsp) peanut butter ¼ cup seeds ¾ cup cooked beans or lentils	**3** servings per week	**4** servings per week	**5** servings per week
Fats and oils 1 teaspoon (tsp) vegetable oil or olive oil 1 ½ tsp butter or soft margarine 2 tsp mayonnaise or salad dressing	**1** serving daily	**2-3** servings daily	**3** servings daily
Sweets and added sugars 1 tbsp sugar 1 tbsp jelly or jam 1 tbsp maple syrup or honey ¼ cup sorbet	**3** servings per week or less	**5** servings per week or less	**1** serving daily
Ideal sodium level ⅔ tsp salt = 1,500 mg	**1,500** mg/day	**1,500** mg/day	**1,500** mg/day
Maximum sodium limit ¼ tsp salt = 2,300 mg	**2,300** mg/day	**2,300** mg/day	**2,300** mg/day

Daily Calorie Needs
for Women

Age (Years)	Calories needed to maintain weight Sedentary Activity Level	Calories needed to lose weight (1 lb/wk) Sedentary Activity Level	Calories needed to maintain weight Moderate Activity Level	Calories needed to lose weight (1 lb/wk) Moderate Activity Level	Calories needed to maintain weight Vigorous Activity Level	Calories needed to lose weight (1 lb/wk) Vigorous Activity Level
19-30	2,000	1,500	2,000-2,200	1,500-1,700	2,400	1,900
31-50	1,800	1,300	2,000	1,500	2,200	1,700
51+	1,600	1,200	1,800	1,300	2,000-2,200	1,500-1,700

Daily Calorie Needs
for Men

Age (Years)	Calories needed to maintain weight Sedentary Activity Level	Calories needed to lose weight (1 lb/wk) Sedentary Activity Level	Calories needed to maintain weight Moderate Activity Level	Calories needed to lose weight (1 lb/wk) Moderate Activity Level	Calories needed to maintain weight Vigorous Activity Level	Calories needed to lose weight (1 lb/wk) Vigorous Activity Level
19-30	2,400	1,900	2,600-2,800	2,100-2,300	3,000	2,500
31-50	2,200	1,700	2,400-2,600	1,900-2,100	2,800-3,000	2,300-2,500
51+	2,000	1,500	2,200-2,400	1,700-1,900	2,400-2,800	1,900-2,300

Activity Levels

Sedentary Activity Level
None or irregular physical activity.

Moderate Activity Level
2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (like walking fast) every week and muscle-strengthening activities on 2 or more days a week.

Vigorous Activity Level
1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (like jogging or running) every week and muscle-strengthening activities on 2 or more days a week.

10 Minutes at a Time is Fine

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Give it a Try

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.

GO Foods

Provide more nutrition and fewer calories; eat more often.

VEGETABLES

All fresh or frozen vegetables: Broccoli, spinach, dark green lettuce, collard and mustard greens, tomatoes, peppers, carrots, sweet potatoes, green beans, asparagus, peas, corn, potatoes, beans (lentils, kidney and pinto beans, chickpeas).

FRUITS

All fresh, frozen, or canned (light syrup): Apples, bananas, oranges, melons, grapefruit, cherries, grapes, 100% fruit juices, dried fruits, berries (strawberries, blueberries, raspberries).

DAIRY PRODUCTS

Milks, fortified soy beverages, yogurt, cheeses (check sodium). Choices should be fat-free or low-fat.

OILS

Use olive oil or canola oil; avoid fats that are solid at room temperature.

GRAINS

Whole-wheat bread, whole-grain cereals and crackers, oatmeal, brown rice; enriched refined-grain products (breads, cereals, pasta, white rice).

PROTEIN FOODS

All meat, poultry, seafood, eggs, nuts, seeds, and processed soy products (check sodium). Meat and poultry should be lean or low-fat and not processed.

STOP Foods

Are often higher in calories from fat and provide less nutrition; eat less often.

HIGH SUGAR

Ice cream, cakes, cookies, candy, donuts, regular soda, sweet tea, energy drinks.

HIGH SODIUM

Canned and frozen meals, snacks: Potato chips, some breakfast cereals, soups, canned or processed meats, canned vegetables, pizzas, condiments.

HIGH FAT

Solid fats and trans fats: Solid fats (are solid at room temperature) like butter and shortening; high fat processed meats like sausage, bacon, and lunch meats; high-fat cuts of meat; fried meats; fast food choices that are fried and are large servings; restaurant meals prepared in butter and oil.

To Learn More

Choose my plate and other nutrition information:
www.choosemyplate.gov

How to Understand and Use the Nutrition Facts Label:
www.cfsan.fda.gov/~dms/foodlab.html

Find menus, tips and recipes:
www.dashdietoregon.org

Dietary Guidelines for Americans, 2010:
www.cnpp.usda.gov/dietaryguidelines.htm

Your Guide to Lowering Your Blood Pressure with DASH:
www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Physical Activity for Everyone
www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

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www.idahoheartandstroke.org
www.diabetes.idaho.gov

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