



Try the DASH Eating Plan

What is the DASH Eating Plan?

- The **DASH** (Dietary Approaches to Stop Hypertension) eating plan emphasizes fruits, vegetables, and low-fat dairy products. It also places more emphasis on whole grains and less emphasis on meats (see Table).
- Regular use of the DASH plan can lower your systolic BP by 8-14 points.

Food Group	Daily Servings*	Serving Sizes
Vegetables	4-5/day	1 cup raw leafy vegetable, ½ cup cooked vegetable, 6 oz. vegetable juice
Fruits	4-5/day	1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit, 6 oz. juice
Low-fat Dairy	2-3/day	1 cup skim or 1% milk, 1 cup low fat yogurt, 1 ½ oz. part-skim or non-fat cheese
Grains	7-8/day	1 slice bread, ½ cup ready-to-eat cereal, ½ cup cooked rice, pasta, or cereal
Meats, poultry, fish	2 or less	3 oz. broiled or roasted lean meat, skinless poultry, or fish
Nuts, Seeds, Beans	4-5 per week	1/3 cup unsalted nuts, 1Tbs. seeds, ½ cup cooked dry beans
Fats and Oils	2-3/day	1 Tbs. lowfat mayonnaise, 2 Tbs. light salad dressing, 1 tsp. vegetable oil
Sweets	5 per week	1 medium fruit, ½ cup frozen yogurt, 1Tbs syrup, jelly, or sugar, 15 jelly beans

*Adapted from: Your Guide to Lowering Blood Pressure. NIH Publication No. 04-5232, p. 9. This plan is based on a 2000 calorie a day diet. If you are trying to lose weight, your number of daily servings or caloric needs may be lower.

Tips for getting started and sticking with it:

- Set a goal that is easy to achieve. Make gradual changes. **EXAMPLE:** Eat one extra vegetable serving per day each week until you reach a goal of 4 servings a day.
- Try other ethnic foods for variety. Example: most people eat only two servings of beans a week. They're missing out on delicious lentil soups, black-beans-and-rice, hummus, and bean burritos.
- Look for low fat, low calorie foods that you enjoy for dessert or snacks (fresh fruit, dried fruit, sugar free gelatin). Try new fruits for variety.
- Get more tips about DASH diet in: [Your Guide to Lowering Blood Pressure](#).
- Monitor your progress on a calendar. Treat yourself to nonfood rewards!