

# DASH

## To Lower Blood Pressure

An eating pattern known as DASH (Dietary Approaches to Stop Hypertension) has been proven to lower blood pressure. The DASH way of eating helps you choose foods that give you minerals and other nutrients shown to help control high blood pressure.

### The DASH way of eating is:

- Rich in fruits and vegetables
- Plentiful in low-fat dairy foods
- Low in fat and cholesterol
- Rich in high fiber foods
- Moderate in fish, poultry, beef and pork



Other ways to lower your blood pressure: lose weight if overweight, become physically active, choose foods lower in salt and sodium, limit alcohol intake, and take prescribed medicines.

Here are some ways to get started.

### Change gradually to meals with more fruits, vegetables, and whole grains:

- Add an extra serving of vegetables at lunch and dinner.
- Have fruit juice at breakfast and have fruit for snacks.
- Choose whole grain bread and cereal.

### Make meat a small part of the meal instead of the main dish:

- Buy less meat. Limit meat to 6 ounces a day. (3 oz. is the size of a deck of cards.)
- Have 2 or more vegetarian style (meatless) meals a week.
- Try casseroles and stir-fry dishes having less meat and more vegetables, whole grains and dried beans/peas.

## Sample meal plan for eating the DASH way.

### BREAKFAST

- Orange juice (3/4 cup)
- Whole wheat toast (1 slice) with peanut butter (1 Tbsp.)
- Oatmeal (1/2 cup) made with raisins (1/3 cup) and fat-free milk (1 cup)

### LUNCH

- Turkey sandwich: turkey breast (2 oz.); lettuce; light mayonnaise (1 Tbsp.); whole wheat bread (2 slices)
- Carrots (7 sticks) and tomatoes (2 slices)
- Apple (1 medium)
- 100% juice (1/2 cup)

### DINNER

- Baked fish (3 oz.)
- Brown rice (1 cup)
- Zucchini, cooked (1/2 cup)
- Kidney bean salad (1/2 cup); made with low-fat dressing (1 Tbsp.)
- Corn muffin (1 medium) with low-fat spread (1 tsp.)
- Fat-free milk (1 cup)



### SNACKS - choose one item listed below for a snack

- Mixed nuts (1/4 cup)
- Raw vegetables (1 cup) with low-fat dip (2 Tbsp.)
- Yogurt, low-fat (1/2 cup) with strawberries (1/2 cup)

### I am ready to try eating the DASH way by choosing:

- Plenty of fruits and vegetables
- Low-fat dairy foods and drinking fat-free or low-fat milk (try lactose-free milk if milk gives you stomach aches, gas or diarrhea)
- More cooked dried beans/peas, seeds or nuts

Have your blood pressure checked regularly and talk to your health care provider about your dietary changes. For a complete DASH eating plan to lower blood pressure, visit: [www.nhlbi.nih.gov/health/public/heart/hbp/dash/how\\_make\\_dash.html](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how_make_dash.html).

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