

Let's lower your blood pressure!... the dash diet can help.

The DASH diet is an eating plan that is low in saturated fat, cholesterol and total fat. The DASH diet emphasizes fruits, vegetables, fat free or low fat milk, whole grain products, fish, poultry, and nuts. You also want to eat foods that contain potassium, magnesium, and calcium because these minerals lower blood pressure. Protein and fiber also help in reducing blood pressure.

Some examples of foods to eat: Whole grain bread, oatmeal, unsalted popcorn, broccoli, carrots, green beans, tomatoes, apples, bananas, grapes, oranges, raisins, strawberries, fat free (skim) milk or low fat (1%) milk, reduced fat cheese, yogurt, poultry, lean meat, almonds, mixed nuts, peanuts, peanut butter, vegetable oil, low fat mayonnaise, and light salad dressing.

The DASH diet also helps in lowering calories by increasing fruits, vegetables, and fat free or low fat milk. Eating smaller portions, limiting sugars and drinking water also helps lower calories. Remember losing weight helps bring blood pressure down!

There is also a "Perk" with the DASH diet... if you have high cholesterol, along with lowering blood pressure, the DASH diet will also lower LDL (Bad) cholesterol which by lowering both decreases the risk of heart disease.

High blood pressure can be controlled if:

1. You maintain a healthy weight.
2. Do moderate physical activity 3-4 times a week for 30 minutes at a time.
3. Eat healthy, which includes foods low in sodium.
4. Drink alcoholic beverages in moderation.
5. Take prescription blood pressure medications as directed.

Remember:

1. Normal blood pressure is < 120/80
2. Pre-Hypertension is 120-139/80-89
3. Hypertension is >140/90

Our goal for you is <140/90 and if diabetic <130/80.

You're on your way... and you're going to do great!!

Prevent and Control High Blood Pressure Following the DASH Eating Plan

- High blood pressure affects more than 65 million – or 1 in 3- American adults. High blood pressure is a major risk factor for heart disease, which is the leading cause of death in America.

Know Your Numbers

- High blood pressure is called “the silent killer” because there are often no symptoms. Your numbers are your only warning.

Normal Blood Pressure	Less than 120/80 mmHg
Pre-hypertension	Between 120-139 /80-90 mmHg
High Blood Pressure	140/90 mmHg or higher

*If diabetic, blood pressure goal is less than 130/80 mmHg

- The DASH eating plan stands for Dietary Approaches to stop hypertension and has been shown to prevent and reduce high blood pressure. It's rich in fruits, vegetables, low-fat dairy products, potassium, and calcium and low in saturated fat and cholesterol. It's even more effective if you also reduce your salt and sodium intake. This eating plan can help you lose weight if you are overweight, which also will help lower your blood pressure.
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- A 1,600 mg sodium DASH eating plan has effects similar to single drug therapy. Combinations of two (or more) lifestyle modifications can achieve even better results.

Daily Nutrient Goals

Total Fat	27% of calories
Saturated Fat	6 % of calories
Protein	18 % of calories
Carbohydrate	55 % of calories
Cholesterol	150 mg
Sodium	2,300 mg
Potassium	4,700 mg
Calcium	1,250 mg
Magnesium	500 mg
Fiber	30 mg

*1,500mg sodium better for lowering blood pressure

Following the DASH Eating Plan (2,000 calories)

Food Group	Daily Servings	Serving Sizes
Grains	6-8	1 slice bread 1 oz dry cereal ½ cup cooked rice, pasta
Vegetables	4-5	1 cup raw leafy vegetables ½ cup vegetable juice ½ cup cut-up raw or cooked vegetables
Fruits	4-5	1 medium fruit ½ cup fruit juice ½ cup fresh, frozen, or canned fruit
Fat-free or low-fat milk and milk products	4-5	1 cup milk or yogurt 1 ½ oz. cheese
Lean meats, poultry, and fish	6 or less	1 oz. cooked meats, poultry, fish or 1 egg
Nuts, seeds, and legumes	4-5 per week	1/3 cup nuts 2 Tbsp peanut butter ½ C cooked legumes
Fats and oils	2-3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing
Sweets and added sugars	5 or less per week	1 Tbsp sugar 1 Tbsp Jelly or jam 1 cup lemonade

Note: From “Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure,” by the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, 2004. Copyright 2004 by US Department of Health and Human Services.

Prevent and Control High Blood Pressure Following the DASH Eating Plan

DASH down high blood pressure

1. Flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed.
3. Eat moderate portions, and include fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks for snacks.
4. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings. (Watch the sodium)
5. Begin your day with breakfast cereals that are lower in salt and sodium.
6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes that have added salt.
7. Buy fresh, plain frozen, or canned with “no-salt-added” vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, move the saltshaker away-limit condiments, such as ketchup, pickles, and sauces.
10. Cut back on processed and fast foods which are high in sodium.

About 100 Calories or Less

- a medium-size apple= 72 calories
- a medium-size banana=105 calories
- 1 cup steamed green beans=44 calories
- 1 cup blueberries=83 calories
- 1 cup grapes=100 calories
- 1 cup carrots=45 calories
- 1 cup broccoli=30 calories

Substitute: Fruits and Vegetables

- One snack-sized bag of corn chips (1oz) has the same number of calories as a small apple, 1 cup of strawberries, and 1 cup of carrots with ¼ cup of low-calorie dip.
- Have a hamburger that’s 3 oz. instead of 6 oz. Add a ½ cup of carrots and a ½ cup of spinach, You’ll save 200 calories.

Calorie-saving tips:

- Use low-fat or fat free condiments
- Eat smaller portions-cut back gradually.
- Choose low-fat or fat free dairy products.
- Read food labels to compare foods.
- Limit foods with lots of added sugar.

Lifestyle Modifications		
Modification	Recommendation	Average Systolic Blood Pressure Reduction
Weight reduction	Maintain normal body weight (body mass index 18.5-24.9kg/m ²)	5-20 mmHg/10kg
DASH eating plan	Diet rich in fruits, vegetables, and low-fat dairy products with reduced content of saturated and total fat.	8-14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to less than 2400mg sodium per day.	2-8 mmHg
Aerobic physical activity	Aerobic physical activity at least 30 minutes per day, most days of the week.	4-9 mmHg
Moderation of alcohol consumption	Men: limit to 2 drinks per day. Women: limit to 1 drink per day.	2-4 mmHg

Additional Resources:

- **Your guide to lowering high blood pressure** has information on the DASH eating plan, sample meal plans, and recipes.
http://www.nhlbi.nih.gov/hbp/prevention/h_eating/h_eating.htm
- **Aim for a healthy weight** has a BMI calculator and a menu planner based on one day's calorie allowance.
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm