

What is the Dash Diet?



- ▶ DASH stand for “Dietary Approaches to Stop Hypertension.
- ▶ It is an eating plan, based on clinical studies, that includes nutrients found in foods that work together to help lower blood pressure.
- ▶ The DASH eating plan emphasizes fruits, vegetables and low fat dairy; it also includes whole grain products, fish, poultry and nuts. These foods contribute important nutrients such as potassium, magnesium, calcium, protein as well as fiber. It is low in saturated fat, cholesterol, red meat and added sugars.
- ▶ Sodium recommendations are made in two levels: 2400 mg/day or 1500 mg/day. Greater reductions in blood pressure were experienced by people assigned to the 1500 mg/day level in clinical trials. Individual needs should be carefully assessed because sodium needs vary according to activity level and sweat losses.

FOOD GROUP	SERVINGS PER DAY			SERVING SIZE	IMPORTANT NUTRIENTS
	1600 calories	2000 calories	3100 calories		
Grains, grain products	6	7-8	12-13	1 slice bread (whole grain preferable) 1 oz. dry cereal ½ cup cooked rice, pasta or hot cereal 1 oz. bagel or other bread	Fiber
Vegetables	3-4	4-5	6	1 cup raw leafy vegetables ½ cup cooked vegetables 6 oz. vegetable juice	Potassium, magnesium and fiber
Fruits	4	4-5	6	6 oz. fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit	Potassium, magnesium and fiber
Low-fat or fat free dairy	2-3	2-3	3-4	8 oz. milk 1 cup yogurt 1½ oz. cheese	Calcium and protein
Meats, poultry or fish	1-2	2 or less	2-3	3 oz. cooked meats, poultry or fish	Protein and magnesium
Nuts, seeds and dry beans	3 per week	4-5 per week	1	Nuts: ⅓ cup or 1½ oz. Seeds: 2 Tbsp. or ½ oz. Beans: ½ cup cooked	Magnesium, potassium, protein and fiber
Fats & oils	2	2-3	4	1 tsp. soft margarine 1 Tbsp. low-fat mayonnaise 2 Tbsp. light salad dressing 1 tsp. vegetable oil	DASH diet is less than 30% fat
Sweets	0	5 per week	2	1 Tbsp. sugar 1 Tbsp jelly or jam ½ oz. jelly beans 8 oz. sugared beverage	



Sample DASH Diet – 2000 calories

BREAKFAST
1 cup spoon sized shredded wheat 1 cup skim milk 1 cup fresh strawberries
LUNCH
Tuna sandwich made with: 3 oz. low sodium tuna packed in water 2 tsp. low fat mayonnaise 2 slices whole wheat bread lettuce and tomato 1 cup baby carrots 1 cup skim milk
SNACK
1½ oz. blanched almonds mixed with ¼ cup raisins
DINNER
Small tossed salad with 2 tsp. olive oil and 1Tsp. vinegar 3 oz. grilled salmon 1 cup brown rice with 1 tsp. soft margarine 1 cup steamed green beans
SNACK
1 cup vanilla non-fat yogurt 1 medium banana

NUTRITION INFORMATION			
Total Calories	1967	Cholesterol	110 mg.
Fat	55 gm.(25%)	Sodium	1330 mg.
Protein	105 gm.(21%)	Calcium	1400 mg.
Carbohydrate	263 gm.(54%)	Potassium	5000 mg.



Tips for following the Dash Diet

INCREASING FRUITS & VEGETABLES

- ▶ Try to include at least one fruit or vegetable at *every* meal.
- ▶ Think of snacks as an opportunity to boost your intake. Try to get in the habit of having fruit or vegetables for a between meal snack.
- ▶ Think ahead – try to bring a fruit or vegetable snack if you'll be at school, work or out all day.
- ▶ Keep your kitchen stocked - be sure to keep fresh fruit on hand at home. It's also fine to keep a supply of frozen fruits and vegetables. They are quick and easy to prepare, and full of nutrients.
- ▶ Try a fruit smoothie with either fresh or frozen fruit and non-fat yogurt for a nutritious snack!
- ▶ Expand your horizons- try a new fruit or vegetable each week.

HOW TO INCREASE LOW-FAT / NON-FAT DAIRY

- ▶ Prepare hot cereals and hot chocolate with milk instead of water.
- ▶ Use low fat ricotta cheese as an ingredient in lasagna or stuffed shells.
- ▶ Purée calcium fortified cottage cheese, add spices and use for a vegetable dip.
- ▶ Make a parfait with fresh fruit and non-fat flavored yogurt

TIPS FOR CUTTING DOWN ON SODIUM

- ▶ Try to cut down on processed foods as much as possible. Fresh foods are naturally low in sodium, and should be selected whenever possible.
- ▶ If you do use processed foods, try to select low sodium varieties.
- ▶ Read food labels carefully, being sure to consider the serving size stated, and how many servings you *actually* eat.
- ▶ When preparing rice or pasta, do not salt water.
- ▶ Drain and rinse canned foods, such as beans, vegetables and tuna.
- ▶ Try using herbs and spices rather than salt during food preparation.

These tips will help make dishes more flavorful:

- Crumble dry leaf herbs, such as oregano & basil to release flavor
- Add spices at toward the end of cooking time for soups & stews so that the flavors don't cook out
- Add spices early to chilled foods, such as salads and dips because they need time for the flavors to blend

References:

- 1) Appel LJ, Moore TJ, Obarzanek E. A clinical trial of the effects of dietary patterns on blood pressure. *N Engl J Med* 1997;336:1117-1124.
- 2) Harsha DW, Lin PH, Obarzanek E et al. Dietary Approaches to Stop Hypertension: A summary of study results. *J Am Diet Assoc.* 1999;99(Suppl):S35-S39.
- 3) Karanja NM, Obarzanek E, Lin PH et al. Descriptive characteristics of the dietary patterns used in the Dietary Approaches to Stop Hypertension trial. *J Am Diet Assoc.* 1999;99(suppl):S19-S27.
- 4) Saks FM, Svetkey MD, Vollmer WM et al. Effects on blood Pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) Diet. *N Engl J Med* 2001;344:3-10.
- 5) National High Blood Pressure Education Program. The Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure. Bethesda, Md:U.S. Dep't Health and Human Services; 1997 NIH Publication #98-4080.