
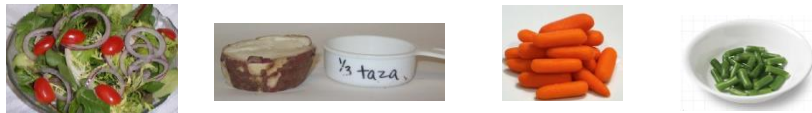





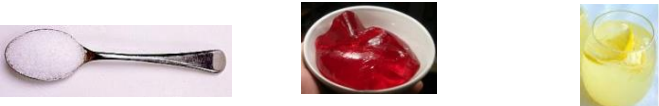


The DASH Diet – La Dieta de DASH

Food Group	Daily Serving	Examples and Serving Sizes
Grains: <i>Preferably whole grains, for energy and fiber</i>	6	 <p>1 slice of wheat bread, 1/2 cup cooked rice or cereal</p>
Vegetables: <i>For vitamins and minerals like potassium, magnesium and fiber</i>	3-4	 <p>1 cup raw or 1/2 cup cooked vegetable, 1/3 cup starchy vegetable</p>
Fruits: <i>For vitamins and minerals like potassium, magnesium and fiber</i>	4	 <p>1 medium whole fruit, 1/2 cup frozen or canned fruit</p>
Fat-free or low-fat milk and dairy products: <i>For calcium and protein</i>	2-3	 <p>1 cup low-fat milk, 6 ounces of light yogurt or 1.5 ounces of cheese</p>
Lean meats, poultry and fish: <i>For protein and magnesium</i>	3-6	 <p>1 ounce cooked meats, poultry or fish, or 1 egg</p>
Nuts, seeds and legumes: <i>Provide energy, magnesium, protein and fiber</i>	3 per week	 <p>1/2 cup cooked beans, 1/3 cup of nuts, 2 Tbs peanut butter or seeds</p>
Fats and oils: <i>Choose canola oil, olive oil, or soft margarine</i>	2	 <p>1 tsp margarine, 1 tsp vegetable oil, 2 Tbs salad dressing</p>
Sweets and added sugars: <i>Sweets should be low in fat</i>	Less than 2 per week	 <p>1 Tbs sugar, 1 Tbs jelly, 1/2 cup Jello, 1 cup lemonade</p>

Adapted from: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

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The eating plan known as Dietary Approaches to Stop Hypertension (DASH) is used to lower or control high blood pressure. The DASH diet contains foods that are lower in sodium. A key goal is to include foods that are rich in nutrients that are also associated with lowering blood pressure — potassium, magnesium and calcium.

Sample Menu

Breakfast

- 1/2 cup dry oatmeal, cooked with 1 cup water, topped with cinnamon
- 1 slice whole-wheat toast
- 1 teaspoon trans-fat free margarine
- 1 banana
- 1 cup fat-free milk



Lunch

Tuna salad made with:

- 1/2 cup drained, unsalted water-packed tuna, 3 ounces
- 2 tablespoons fat-free mayonnaise
- 15 sliced grapes
- 1/2 cup diced celery
- Served on top of 2 cups romaine lettuce

- 8 whole grain crackers
- 1 cup fat-free milk



Dinner

- 3 ounces herb-crusted baked cod
- 1/2 cup brown rice
- 1/2 cup fresh green beans, steamed
- 2 inch portion of Italian bread
- 2 teaspoon trans-fat free margarine
- 1 cup fresh berries with chopped mint



Snack (anytime)

- 1 cup fat-free, low calorie yogurt
- 4 vanilla wafer cookies
- 15 carrots with 2 tablespoons of hummus



1700 calories, 260 grams carbohydrate, 85 grams protein, 28 grams fat

Adapted from: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110>