

TO CONTROL BLOOD PRESSURE

DASH* TO THE DIET

FOLLOWING THE DASH EATING PLAN

**Dietary Approaches to Stop Hypertension*

Research shows that a diet rich in lowfat milk, cheese and yogurt, fruits and vegetables, and low in fat and sodium substantially lowers blood pressure in people with or without high blood pressure as effectively as some medications. Most of the improvement in blood pressure is seen with the increase in lowfat dairy products, fruits and vegetables.

(Appel, EJ et al., NEJM, 336(16), 1117-24, 1997; Sacks, RM et al., NEJM, 344 (1), 3-11, 2001.)



NATIONAL DAIRY COUNCIL®

THE DASH DIFFERENCE

High blood pressure affects 50 million Americans and is one of the leading causes of heart disease and stroke. The eating plan shown below, from the Dietary Approaches to Stop Hypertension (DASH) study, is good news for those affected by or at risk for high blood pressure. As reported in the *New England Journal of Medicine*, the DASH diet, which is low in fat and rich in lowfat milk, cheese and yogurt, fruits and vegetables, lowered blood pressure in individuals with

both normal and elevated blood pressure. The use of foods lower in sodium made a slight improvement in blood pressure beyond what occurred with the lowfat dairy products, fruits and vegetables. The study was based on a 2000-calorie diet and contained the number of servings from each of the food groups shown in the chart below. For many people, following the DASH eating plan can be an important and easy step in preventing or managing high blood pressure.

The DASH Eating Style

FOOD GROUP	DAILY SERVINGS	1 SERVING EQUALS
Milk and Dairy	2-3	8 oz lowfat milk 1 cup lowfat yogurt 1½ oz lowfat cheese
Fruits	4-5	1 medium fruit ¼ cup dried fruit ½ cup frozen or canned fruit 6 oz fruit juice
Vegetables	4-5	1 cup raw leafy vegetables ½ cup cooked vegetables 6 oz vegetable juice
Grain	7-8	1 slice bread ½ cup dry or hot cereal ½ cup cooked rice or pasta
Meat, Fish, Poultry	2 or less	3 oz cooked meat, poultry, or fish
Nuts, Seeds, Dried Beans	4-5 per week	½ cup nuts 2 tbsp seeds ½ cup cooked dried beans

Sample DASH Menu

Breakfast	1 cup corn flakes (with 1 tsp sugar) 8 oz lowfat milk 1 banana 1 slice whole wheat toast 1 tbsp jelly ½ grapefruit
Lunch	2 oz sliced turkey 1 pita bread 1 tbsp lowfat mayonnaise Raw vegetable medley with: 3-4 sticks each carrot and celery 2 radishes 2 loose leaf lettuce leaves ½ cup fruit cocktail in light syrup
Snack	¼ cup dried apricots ¾ cup mini pretzels ½ cup mixed nuts 1 cup flavored lowfat yogurt
Dinner	3 oz grilled lean beef 1 cup scallion rice 1 cup steamed broccoli spinach salad with ½ cup raw spinach 2 cherry tomatoes 2 cucumber slices 1 tbsp light Italian dressing 8 oz lowfat chocolate milk

10 Ways to DASH Up Your Dining

1 Re-think your drink!

Make lowfat milk your beverage of choice: order it when dining out.



2 Pizza, Pizza, Pizza!

Combine a pre-made pizza crust with pizza sauce, shredded lowfat mozzarella and lots of vegetable toppings—fresh tomatoes, zucchini, spinach, carrot curls, cauliflower, broccoli and artichoke hearts—for a totally awesome creation.



3 Start Your Day—

with whole grain cereal and lowfat milk.



4 Make it with Milk!

Use lowfat milk in place of water when cooking, especially with oatmeal, boxed rice and pasta dishes.



5 For That Snack Attack:

Serve cereal with lowfat milk and fresh fruit. For a tangy twist, layer flavored lowfat yogurt with cereal to create yogurt sundaes.



6 Make Super Soup!

Prepare soups with lowfat milk instead of water. Add fresh, canned or frozen vegetables to prepared soups.

7 Shake 'em Up!

Create blender drinks. Start with a cup of lowfat milk, add frozen fruit chunks and flavorings to make your own smoothie drink.



8 Create a Baked Potato Bar—

Serve baked potatoes with a variety of toppings like lowfat cheese, chili, refried beans, salsa or broccoli.

Add them up—one meal could contain three to four vegetable servings!



9 Encourage Big Dippers!

Make a fruit dip by sprinkling cinnamon into vanilla lowfat yogurt. For a quick vegetable dip, add ranch seasoning or chopped chives to plain lowfat yogurt.

10 Say Cheese!

Top steamed vegetables with shredded lowfat cheese.