

Nutrition & Blood Pressure

DASH: Dietary Approaches to Stop Hypertension

01

Healthy Eating to Lower Your Blood Pressure

The DASH diet, which emphasizes fruits, vegetables, low fat milk products and whole grains, offers flexibility and promotes a heart-healthy lifestyle without requiring special foods or drinks. Emphasizing readily available options, it encourages foods rich in potassium, calcium, magnesium, fiber, and protein, while being low in saturated fat, added sugar and salt.



02

Sodium Guidelines

Standard DASH guidance: limit salt to 2,300 mg/day. A lower-sodium version: cut to 1,500 mg/day. Choose based on health needs; consult provider for guidance.

03

Reduce the Salt

Follow the DASH diet for low-salt foods. To reduce salt intake further:

- Choose low-salt or no-salt-added options.
- Use salt-free spices instead.
- Avoid adding salt to cooking.
- Opt for plain fresh or frozen vegetables.
- Select fresh, skinless lean meats and fish.
- Eat out less. Ask for low-salt options if you do.



04

Limit Alcohol & Caffeine

Drinking too much alcohol can increase blood pressure.

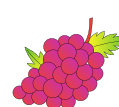
Limit alcohol: Men - 2 drinks/day, Women - 1 or less.

Discuss caffeine with your provider. You may consider reducing caffeine if you have high blood pressure.



Recommended servings from each food group for a 2,000-calorie-a-day DASH diet:

Food Group	Daily Servings	Serving Size	Examples
Grains	6-8	1 slice of bread, 1 oz dry cereal, 1/2 cup cooked rice, pasta or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn
Vegetables	4-5	1 cup raw leafy vegetables, 1/2 cup cut-up raw or cooked vegetables, 1/2 cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes
Fruits	4-5	1 medium fruit, 1/4 cup dried fruit, 1/2 cup fresh, frozen, or canned fruit, 1/2 cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines
Fat-free or low-fat milk and milk products	2-3	1 cup milk or yogurt, 1.5 oz. cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt
Lean meats, poultry, and fish	6 or less	1 oz. cooked meats, poultry, or fish, 1 egg	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry
Nuts, seeds, and legumes	4-5 per week	1/3 cup or 1.5 oz. nuts, 2 Tbsp peanut butter, 2 Tbsp or 1/2 oz. seeds, 1/2 cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas
Fats and oils	2-3	1 tsp soft margarine, 1 tsp vegetable oil, 1 Tbsp mayo, 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing
Sweets and added sugar	5 or less per week	1 Tbsp sugar, 1 Tbsp jelly or jam, 1/2 cup sorbet or gelatin, 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar



My Daily Nutrition



Foods that will help me reach my goals:

Breakfast

Lunch

Dinner

Grocery List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Buy less of:

Notes