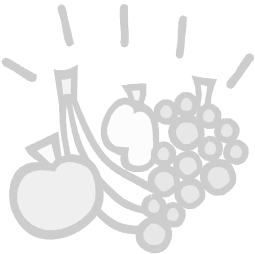





A Diet that can help Decrease & Prevent Elevated Blood Pressure

High blood pressure (BP), also known as hypertension, is a risk factor for heart disease, which is one of the leading causes of death in the United States. There are ways to lower your BP without medication, through diet and exercise. The diet emphasizes fruits, vegetables, whole grains, and protein sources that are low in saturated fat. It is a lifestyle change aimed at creating healthy eating and exercise habits, as well as maintenance of a healthy weight and overall lifestyle.

The DASH (Dietary Approaches to Stop Hypertension) Eating Plan

Recommendation	Suggested changes
<p>Adopt a diet rich in fruits and vegetables. Choose low-fat or fat free dairy products – ones with less total and saturated fat than regular products. Eliminate trans fats (partially hydrogenated oils).</p>  	<ul style="list-style-type: none"> ✓ Fruits & Vegetables <ul style="list-style-type: none"> ○ 4-5 servings of fruit (1/2 cup raw fruit) ○ 4-5 servings of vegetables (1/2 cup cooked or 1 cup raw) ○ Eat green leafy vegetables (e.g. broccoli, spinach, kale, collard greens) ○ Include a variety of colors daily (e.g. red grapes, orange, kiwi, banana, red bell peppers, summer squash) ✓ Dairy and Calcium Fortified Products <ul style="list-style-type: none"> ○ 2-3 servings a day (e.g. 8 ounces milk) ○ Choose low fat or fat free versions (e.g. skim milk, low fat/fat free cheese, low fat/fat free yogurt) ○ Use skim milk and soy milk have less saturated fat than 2% or whole ✓ Fats <ul style="list-style-type: none"> ○ Choose “good” fats – olive oil & canola oil – for cooking oils ○ Decrease saturated fat by limiting red meat, butter, whole fat dairy products (e.g. ice cream, butter, cheese) ○ Eliminate trans fats (partially hydrogenated oils, such as cookies, crackers, cake/brownie mixes) ✓ Meat / Protein <ul style="list-style-type: none"> ○ Limit red meat to 1-2 times a month ○ Replace red meats with fish and poultry ○ Limit meat / protein intake to 6-7 oz a day ○ Include soy products (tofu & tempeh) they are good sources of protein ✓ Fish <ul style="list-style-type: none"> ○ Choose fatty fish 2-3 times a week, such as salmon or mackerel ○ A serving is 3-4 ounces of cooked fish ✓ Grains/Legumes <ul style="list-style-type: none"> ○ 7-8 servings a day (1 slice whole wheat bread or equal amount or 1/2 cup cooked grain) ○ Increase legumes (e.g. chickpeas, hummus, black beans) ○ Use whole grains (e.g. brown rice, barley, old fashioned oats) ○ Increase whole grains, they have more fiber and can help decrease cholesterol ✓ Nuts <ul style="list-style-type: none"> ○ 4-5 ounces per week ○ Include walnuts and almonds, they are sources of good fat (Omega 3 and monounsaturated) ✓ Sugar - refined <ul style="list-style-type: none"> ○ Decrease soda, candy, cookie consumption

Other Ways to Decrease Blood Pressure

Modification	Recommendation	Suggested changes
Physical activity 	Regular physical activity (e.g., brisk walking) at least 30 minutes per day, 5-7 days a week.	<ul style="list-style-type: none"> ✓ Increase physical activity – it does not need to be consecutive <ul style="list-style-type: none"> ○ For example - 10 minutes on a break, then 20 more later ✓ Check with your doctor before beginning any exercise program
Dietary sodium reduction	Reduce dietary sodium intake to less than 1500-1800 milligrams (mg) of sodium per day.	<ul style="list-style-type: none"> ✓ Limit processed foods – they contain a lot of sodium <ul style="list-style-type: none"> ○ If choosing them, look for foods with less than 300 mg per serving
Moderation of alcohol consumption	Men: Limit to ≤2 drinks* per day. Women and lighter weight persons: Limit to ≤1 drink* per day.	<ul style="list-style-type: none"> ✓ If you do not regularly consume alcohol you do not need to start
Weight Reduction 	Maintain a healthy body weight (check with your dietitian and/or doctor) Approximate healthy weights: 5'4".....115-140 pounds 5'8".....130-160 pounds 6'0".....140-170 pounds	<ul style="list-style-type: none"> ✓ Increase physical activity ✓ Decrease the amount of calories you consume ✓ 1 lb = 3500 calories

* Examples of 1 drink are: 12 oz beer, 5 oz wine, or 1.5 oz 80-proof whiskey

Adapted from: Reference Card From the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC7)

References: The DASH Eating Plan-US Department of Health and Human Services, uptodate.com – Diet and Hypertension, “One-year follow-up study of blood pressure and dietary patterns in dietary approaches to stop hypertension (DASH)-sodium participants” from Am J Hypertension