

DASH Diet

May 30, 2024



Concepts Taught

- Review high blood pressure ranges.
- Reivew the basics of the DASH diet.
- Identify at least three new ways to include this way of eating in your meals and snacks.
- Leave with additional resources to learn more and find DASH diet recipes.

What is high blood pressure?

- The force (or pressure) of your blood pushing against the walls of your blood vessels is too high.
- Can lead to long-term complications, such as stroke, vision loss, chronic kidney disease and more.
- Normal blood pressure is below 120/80 mm Hg.
- High blood pressure is above 130/80 mm Hg.

DASH Diet

- **DASH** stands for Dietary Approaches to Stop Hypertension
- A way of eating that has been proven to lower blood pressure
- This style of eating is similar to the Mediterranean Diet but provides specific recommendations for some nutrients
- Focuses on balanced, heart-healthy meals and snacks that include whole grains, fruits, vegetables, lean protein and low-fat dairy
- Limits saturated fat, added sugars and sodium.
- Voted #2 “Best Overall Diet” in 2024

DASH diet recommendations

- **Sodium:**
 - First, reduce sodium intake to 2,300 mg sodium daily
 - A lower sodium recommendation may be 1,500 mg sodium daily
 - Check with your medical provider to see what is right for you.
 - Choose fresh or frozen vegetables most often. When choosing canned vegetables, choose “no salt added” or “low sodium” and/or rinse canned vegetables with water to reduce sodium.
 - Use sodium-free seasonings instead of adding salt to food. Rub ground oregano on your poultry before grilling or add dill to your eggs.
- **Food groups:**
 - Based upon a 2,000 calorie diet, the DASH diet recommends more servings of whole grains, fruits, vegetables and low-fat dairy that general recommendations for healthy eating.

Food Group	Daily servings	Examples
Grains	6-8	1 slice bread, ½ cup pasta, rice, whole grain (quinoa)
Meat, poultry, fish	6 or less	1 oz cooked meat/fish, 1 egg
Vegetables	4-5	1 cup raw leafy vegetable, ½ cup cooked
Fruit	4-5	1 medium fruit, ½ cup fresh/canned, ¼ cup dried
Low-fat, fat-free dairy	2-3	1 oz milk or yogurt, 1.5 oz cheese
Fats and oils	2-3	1 tsp oil, 2 tbsp salad dressing
Nuts, seeds, legumes	4-5 *per week*	1/3 cup nuts, 2 tbsp nut butter, ½ cup legumes

- **Potassium:**
 - Eating more of these food groups, increases potassium in your diet and can help with blood pressure management. Check with your medical provider about your potassium needs.

Recipes and resources:

- <https://www.eatingwell.com/search?q=DASH>
- <https://health.usnews.com/best-diet/dash-diet>
- <https://www.nhlbi.nih.gov/sites/default/files/publications/WeekOnDASH.pdf>
- https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf
- <https://www.nhlbi.nih.gov/sites/default/files/publications/WES09-DASH-Potassium.pdf>