

Diet Recommendations











DASH Eating Plan: requires no special foods but instead daily & weekly nutritional goals

Eat/Drink: vegetables, fruits, & whole grains, fat-free or low-fat dairy, fish, poultry, beans, nuts & vegetable oils, foods low in saturated fats, low in sodium, & **WATER, WATER, WATER!**

Limit: foods high in saturated

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

 Eat This	 Limit This
 Vegetables	 Fatty meats
 Fruits	 Full-fat dairy
 Whole grains	 Sugar sweetened beverages
 Fat-free or low-fat dairy	 Sweets
 Fish	 Sodium intake
 Poultry	
 Beans	
 Nuts & seeds	
 Vegetable oils	

www.nhlbi.nih.gov/DASH

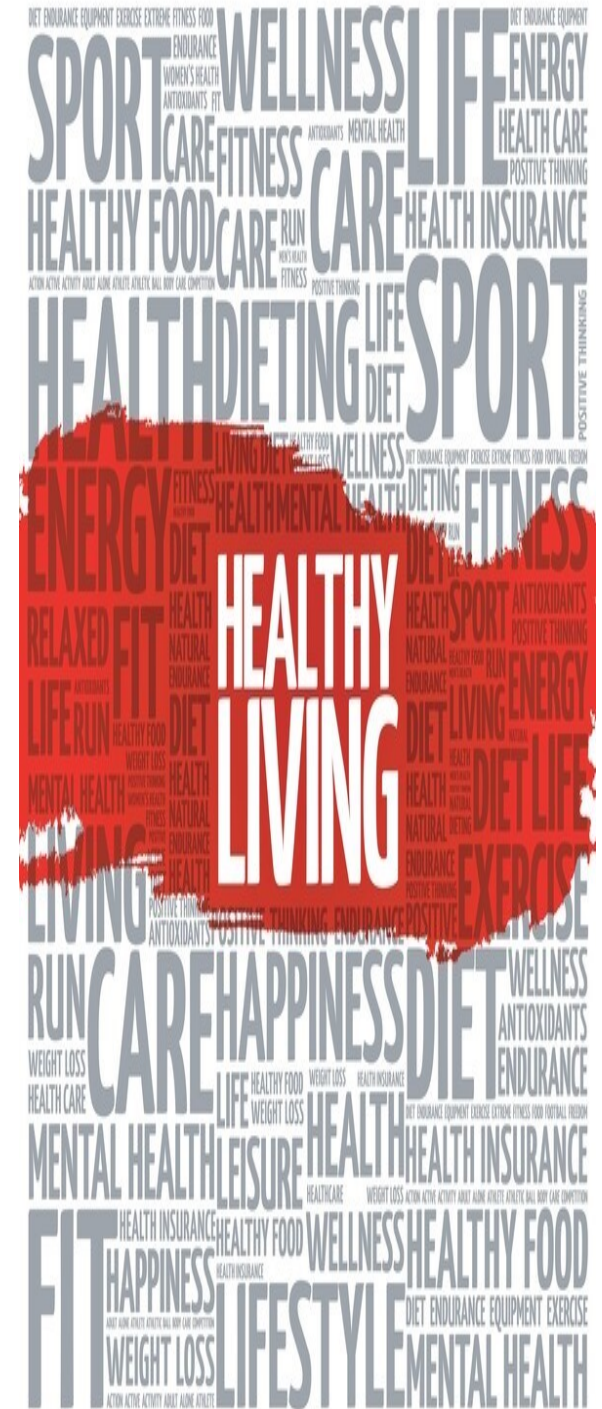
*Thank you to Dr. Shanai Dixon
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Meal Servings

Food Group	Daily Servings
Grains	6-8
Meats, poultry, and fish	6 or less
Vegetables	4-5
Fruit	4-5
Low-fat or fat-free dairy products	2-3
Fats and oils	2-3
Sodium	2,300 mg*
	Weekly Servings
Nuts, seeds, dry beans, and peas	4-5
Sweets	5 or less



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Blood Pressure Ranges:

Good/Normal Blood Pressure

(Best): Systolic (top #) 90-140 / Diastolic (bottom #) 60-90

Hypertension: High blood pressure - values greater than 140/90 (top#/bottom#)

Severe Hypertension: Very high blood pressure - values greater than 180/120

Hypotension: Low blood pressure - values lower than 90/60



Blood Sugar & HgbA1c Ranges:

HgbA1c = Hemoglobin A1c also referred to as "A1c" - it is a measurement of the amount of your red blood cells that have sugar attached, used for screening for diabetes and also for monitoring/managing diabetics

Fasting blood glucose (sugar) levels = not eating for at least 8 hours

Good/Normal Blood Sugar without Diabetes: Fasting à less than 100mg/dL (70-99mg/dL optimal/best); 1 to 2 hours after meals à less than 140mg/dL

Good/Normal A1c without Diabetes: 4.0% - 5.6% (optimal/best)

Prediabetes Blood Sugar: Fasting à 100-125mg/dL

Prediabetes A1c: Warning A1c (before getting diabetes) 5.7% - 6.4%

Diabetes Blood Sugar (For Diagnosis): Fasting à 126mg/dL or higher ***on two separate tests***

Diabetes A1c (For Diagnosis): 6.5% or greater

Good Diabetic Blood Sugar Ranges: Fasting or Before Meal à 80-130mg/dL; 1 to 2 hours after meals à less than 180mg/dL; At Bedtime à 100-140mg/dL

Good Diabetic A1c Ranges: less than 7.0% (higher than 7.0% = greater risks for complications)

Hyperglycemia: High blood sugar – fasting blood sugar levels greater than 125mg/dL at anytime, or blood sugar levels greater than 180mg/dL one to two hours after eating (symptoms to be aware of: frequent urination, excess thirst, headache, fatigue, weight loss, blurred vision, difficulty concentrating),



Dangerous Hyperglycemia: Very high blood sugar – values greater than 250-300mg/dL ***on two or more readings*** (symptoms to be aware of: shortness of breath, nausea, vomiting, dry mouth, fruity smelling breath, vision loss, abdominal pain)

Hypoglycemia: Low blood sugar – generally considered less than 70mg/dL but dangerously low when less than 54mg/dL (symptoms to be aware of: dizziness, lightheadedness, confusion, irritability, shakiness, anxiety, sweating, fast heart rate, sleepiness, tingling lips, fainting, clamminess)

Recommendations for Cholesterol Range (LDL):

LDL is the "bad" cholesterol and the ranges that are monitored most closely on labwork

Good/Normal Cholesterol: less than 100mg/dL (optimal/BEST), 100-129 mg/dL (near or above optimal/good), 130-159mg/dL (borderline high/not horrible)

Hyperlipidemia: High cholesterol = values between 160-189mg/dL, Very high cholesterol = values greater than 190mg/dL