

# DASH Diet

The Dietary Approaches to Stop Hypertension (DASH) diet is a dietary pattern recommended to improve cardiovascular health and manage hypertension (high blood pressure). The diet emphasizes the intake of minimally-processed, blood pressure-lowering foods and nutrients, and limits the intake of foods and nutrients that may contribute to hypertension.

## Health benefits of the DASH diet

- Improves blood pressure, blood sugar, blood lipid, and high-sensitivity C-reactive protein (hs-CRP) levels
- Reduces the risk of cardiovascular disease (CVD), stroke, and CVD-related mortality
- May benefit individuals with hyperlipidemia, overweight/obesity, and insulin resistance
- Reduces the risk of kidney disease, gout, colorectal cancer, and all-cause mortality



## Foods to include

Food group	Serving size	Servings	Examples
<b>Whole grains</b>	½ cup of cooked grains or 1 slice of bread	6-8/day	Oats, wheat, millet
<b>Vegetables</b>	½ cup of cooked or raw vegetables, or 1 cup of raw leafy greens	4-5/day	Green leafy vegetables (e.g., collards, kale, mustard greens, spinach)
<b>Fruit</b>	1 medium fruit, ½ cup of fresh fruit, or ¼ cup of dried fruit	4-5/day	Apples, berries, citrus fruit, peaches, plums
<b>Low-fat dairy</b>	1 cup of milk or 1.5 oz of cheese	2-3/day	Cheese, milk, yogurt
<b>High-quality fat</b>	1 tsp of oil	2-3/day	Avocado, flaxseed oil, olive oil
<b>Animal protein</b>	1 egg or 1 oz of cooked meat, poultry, or fish	Maximum 6/day	Lean cuts of poultry, omega-3-rich fish (e.g., salmon, mackerel, sardines), low-fat dairy, eggs
<b>Plant-based protein</b>	½ cup cooked beans or legumes, 1/3 cup of nuts, 2 tbsp of seeds, or 2 tbsp of nut butter	4-5/week	Beans, legumes, nuts, seeds

## Foods to limit

Food group	Servings	Examples
<b>Processed and cured meats</b>	Avoid entirely	Cold cuts, corned beef, hot dogs, sausages
<b>Poor-quality fat</b>	Avoid entirely	Margarine, partially hydrogenated vegetable oils, shortening
<b>Saturated fat</b>	Less than 10% of total daily caloric intake	Red meat (e.g., beef, pork), high-fat dairy products
<b>Sodium</b>	Less than 2,300 mg/day; ideally less than 1,500 mg/day	Processed and prepackaged food (e.g., canned and frozen foods, lunch meats, pre-made sauces and dressings, white bread)
<b>Added sugars</b>	Less than 10% of total daily caloric intake	Baked goods, candy, sugar-sweetened beverages, syrups, table sugar
<b>Alcohol</b>	Women: 1 drink/day maximum Men: 2 drinks/day maximum	Beer, spirits, wine



## References

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.  
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