

DASH DIET

Dietary Approaches to Stop Hypertension

Goal: To increase whole foods and decrease processed foods daily.

| <u>Food Groups</u> | <u>Recommended Servings</u> | |
|-----------------------------------|-----------------------------|----------|
| <u>Lean Meats, Poultry, Fish:</u> | 5 – 6 | Per Day |
| <u>Fruits:</u> | 4 – 5 | Per Day |
| <u>Vegetables:</u> | 4 – 5 | Per Day |
| <u>Grains & Bread:</u> | 7 – 8 | Per Day |
| <u>Nuts, Seeds and Beans:</u> | 4 – 5 | Per Week |
| <u>Low-Fat Milk Products:</u> | 2 – 3 | Per Day |
| <u>Fats & Oils:</u> | 2 – 3 | Per Day |
| <u>Sweets:</u> | 4 – 5 | Per Week |

Serving Sizes

Protein sources: meat, poultry, fish, eggs, beans, legumes, nuts, whole grains low fat milk products, almond milk, whey, quinoa.

Leans Meats, Poultry, Fish: 2 ounce: cooked skinless, lean meat or fish, 2 egg

Low-Fat Milk Products: 8 ounces milk, 1 cup yogurt, 1 ½ ounces cheese

Total Daily Protein intake: 1 – 2 grams of protein per Kg of body weight

Fruits: 1/2 fruit, 1 medium fruit, 1/2 cup diced, 1/4 cup dried, 6 ounces juice

Vegetables: 1 cup raw leafy, 1/2 cup cooked, 6 ounces vegetable juice

Grains: 16 grams, 1 slice wheat bread, 1 cup wheat cereal, 1/2 cup cooked brown rice, pasta, cereal

Nuts, Seeds, Beans: 1/3 cup or 1 ½ ounces nuts, 1 tablespoon or 1/2 ounce of seeds, 1/2 cup cooked dry beans

Fats & Oils: 1 tsp. Soft butter, 1 Tbsp low-fat mayonnaise, 2 Tbsp light salad dressing, 1 tsp *olive oil*

Sweets, Simple Carbs / Sugars: white bread, white rice, white pasta, cereal candy, cakes, syrups, canned fruit juices, carbonated beverages, soda

References:

1. (January 4,2021). *NIH-supported DASH diet tops rankings for “heart-healthy” and “healthy eating.”* NHLBI News. <https://www.nhlbi.nih.gov/news/2021/nih-supported-dash-diet-tops-rankings-heart-healthy-and-healthy-eating>
2. (May 2003). *Your Guide to Lowering Blood Pressure.* NHLBI News. https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low
3. Benson, G. Hayes, J. (May, 2020). *An Update on the Mediterranean, Vegetarian, and DASH Eating Patterns in People With Type 2 Diabetes.* American Diabetes Association. <https://spectrum.diabetesjournals.org/content/33/2/125>