



DASH Diet

DASH stands for Dietary Approaches to Stop Hypertension and is a healthy-eating plan designed to help treat or prevent high blood pressure.

Studies have shown that the DASH diet can lower blood pressure as well as lower low-density lipoprotein cholesterol (LDL-C) levels as known as "bad cholesterol" in the blood. High blood pressure and high LDL cholesterol levels are two major risk factors for heart disease and stroke. The DASH diet is also associated with lower risk of several kinds of cancer, heart failure, kidney stones, and slowing the progression of kidney disease.

The DASH diet includes foods rich in potassium, calcium and magnesium and low in sodium, saturated fat and added sugars.

1. What to eat?

- Rich in potassium, calcium, magnesium, fiber: vegetables, fruits, and whole grains
- Rich in protein: including low-fat or non-fat dairy products, fish and poultry
- Consume beans, nuts, and vegetable oils
- Low in saturated and trans fats: less fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limit sugar-sweetened beverages and sweets
- Low in sodium: less processed food and seasoning











2. DASH diet eating plan

Based on these recommendations, the following table shows an example of daily and weekly servings that meet DASH plan targets for a 2,000 calorie diet.

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

*1,500 milligrams (mg) sodium daily lowers blood pressure even more.

3. DASH diet food choice recommendation

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

Reference: National Institutes of Health (NIH), U.S.