

Sample DASH Menu

Breakfast

- 1 cup raisin bran
- 1 cup 1% or fat-free milk
- 1 banana
- 1 slice whole wheat toast
- 1 Tbs. jelly
- ½ cup orange juice

Lunch

- 2 ounces sliced turkey
- 1½ ounces part-skim mozzarella cheese
- 1 pita bread
- 1 Tbs. low-fat mayonnaise
- Raw vegetable medley with:
 - 3-4 sticks each carrots and celery
 - 2 radishes
- 2 loose-leaf lettuce leaves
- ½ cup fruit cocktail in light syrup

Dinner

- 3 ounces grilled lean beef
- 1 cup rice with scallions
- 1 cup steamed broccoli
- Spinach salad with:
 - ½ cup raw spinach
 - 2 cherry tomatoes
 - 2 cucumber slices
- 1 Tbs. light Italian dressing
- 1 cup 1% or fat-free milk

Snack

- (select one daily)
- ¼ cup dried apricots
- ¾ cup mini pretzels
- 1/3 cup mixed nuts

HINTS FOR SUCCESS

- 1. Make gradual changes in your eating habits.**
 - If you eat only one or two vegetables a day, add one serving at lunch and one at dinner and increase your portion size.
 - If you don't eat fruit or only have juice at breakfast, add fruit as a snack, and/or dessert.
 - Use half the butter, margarine, or salad dressing you normally use.
 - Try low-fat or fat-free condiments, like fat-free salad dressings.
 - Drink low-fat (1%) or fat-free with meals instead of soda, alcohol, or sugar-sweetened tea.
- 2. Center your meals around pasta, rice, beans, and vegetables.**
 - Treat meat as one part of the meal, instead of the focus, and limit to six ounces a day. Three to four ounces is about the size of a deck of cards.
 - Include two or more meatless meals every week.
- 3. Use these fruits or low-fat foods as desserts and snacks:**
 - Fresh, whole fruits or canned fruits packed in their own juice
 - Dried fruit (easy to take with you)
 - Unsalted pretzels or nuts mixed with raisins
 - Graham and other reduced-fat crackers
 - Gelatin
 - Low-fat and fat-free regular and frozen yogurt
 - Popcorn, plain with no added salt
 - Raw vegetables

REMEMBER:

If you use the DASH diet to help prevent or control high blood pressure, make it a part of a lifestyle that includes choosing foods lower in salt and sodium, keeping a healthy weight, being physically active and, if you drink, doing so in moderation.

For more information on the DASH Diet, visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.

To obtain the “Managing High Blood Pressure” fact sheet or for more information, call University of Nevada Cooperative Extension:

Reno – 775/784-4848

Las Vegas – 702/222-3130

Visit our website at www.unce.unr.edu

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AN APPLE A DAY

The Dash Diet

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What is the DASH diet?

The DASH diet evolved from the study “Dietary Approaches to Stop Hypertension” which was a multi-center study funded by the National Heart, Lung, and Blood Institute. The study found that eating a diet high in fruits, vegetables, and low-fat or fat-free dairy foods (while also being low in total fat, saturated fat, and cholesterol) caused significant reductions in blood pressure.

Can anyone with high blood pressure lower it by following the DASH diet?

While the DASH diet can help many people, it has a greater potential of being effective in susceptible groups with chronically low calcium intakes such as African Americans and the elderly.

How much can following the DASH diet lower blood pressure?

For those with moderately high blood pressure, the DASH study showed that the DASH diet can reduce blood pressure to normal levels, decreasing or eliminating the need for medication.

Caution: If you have high blood pressure and are taking blood pressure medications, please don't just stop your medicines and start the diet. Discuss the idea with your doctor first.

I'm lactose intolerant. Is it necessary to eat the dairy foods for the DASH diet to be effective?

Yes. However, you can choose from a variety of lactose-free dairy products available today. Products such as Lactaid® milk have been pre-treated with the enzyme lactase to make them easily digestible for people with lactose intolerance.

You can also buy lactase supplements, the enzyme your body lacks to digest lactose – the milk sugar found in dairy foods. It is available in drop form for addition to foods and in pill form which can be taken prior to eating foods with lactose.

EATING THE DASH WAY

The DASH eating plan below is based on 2,000 calories a day. Your number of daily servings may vary depending on the number of calories you need.

- **6-8 servings of grains or grain products per day**

One serving equals:

1 slice bread, ½ bagel, 1 oz dry cereal, ½ cup cooked rice, pasta or cereal.

Good choices include:

Whole wheat breads, English muffin, pita bread, bagel, high-fiber cereals, grits, and oatmeal. (Whole grains are recommended for most grain servings as a good source of fiber and nutrients).

- **4-5 servings of vegetables per day**

One serving equals:

1 cup raw leafy vegetables, ½ cup cut-up raw or cooked vegetables, ½ cup vegetable juice

Good choices include:

Tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, beans, sweet potatoes.

- **4-5 servings of fruit per day**

One serving equals:

½ cup fruit juice, 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit

Good choices include:

Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangos, melons, peaches, pineapple, prunes, raisins, strawberries, tangerines.

- **2-3 servings of fat-free or low-fat milk or milk products per day**

One serving equals:

1 cup milk, 1 cup yogurt, 1½ ounces cheese

Good choices include:

Fat-free or 1% milk, buttermilk, yogurt, part-skim mozzarella cheese, fat-free cheese.

- **6 or less ounces of lean meats, poultry, and fish per day**

One serving equals:

1 ounce cooked meat, poultry, or fish

Good choices include:

Lean meats with all visible fat trimmed; poultry, skin removed.

Note: broil, roast, bake, grill, or boil meats – do not fry or sauté.

- **4-5 servings of nuts, seeds, or legumes per week**

One serving equals:

1/3 cup nuts, 2 Tbsp seeds, ½ cup cooked legumes, 3 ounces tofu

Good choices include:

Almonds, filberts, mixed nuts, peanuts, peanut butter, walnuts, sesame or sunflower seeds, kidney beans, pinto beans, navy beans, lentils, split peas, garbanzo beans, tofu.

- **2-3 servings of fats and oils per day**

One serving equals:

1 tsp soft margarine, 1 tsp vegetable oil, 1 Tbsp mayonnaise, 2 Tbsp salad dressing

Good choices include:

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing.

- **5 or less per week sweets and added sugar**

One serving equals:

1 Tbsp sugar, 1 Tbsp jelly or jam, ½ cup sorbet, gelatin, 1 cup lemonade

Examples include:

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet, sugar (Sweets should be low in fat).