

The DASH Diet

The dietary approach to stopping hypertension – a practical way to bring down your blood pressure

What is it?

The DASH diet is being prescribed by your doctor to help reduce your blood pressure.

How does it work?

The DASH diet is a simple plan that helps you to make small positive changes to your diet.

Eat more:

- **Vegetables**
- **Fruit**
- **Whole grains**
- **Low or fat-free dairy products**
- **Lean beef, chicken, and fish**

Eat Less:

- **Sodium (less than 2300 mg/day)**
- **Saturated and trans fat**
- **Sweets (less than 5 per week)**
- **Juice**
- **Pop and sugar-sweetened drinks**

A diet never works alone! The other changes you need to make should include:

- Increased physical activity**
- Reduced alcohol consumption**
- Improved sleep habits**

How will it help me?

The DASH diet is one ingredient in a series of changes that will effectively reduce your blood pressure over time.

When you adhere to a DASH diet you can expect your blood pressure to be reduced soon after you change your diet!

What does that mean for me?

Reducing blood pressure can help to decrease the risk of:

- Heart attack
- Stroke
- Pain while walking
- Kidney disease
- Vision loss
- Dementia

What can I do?

The DASH Diet not only helps you improve your blood pressure, but it also helps you lose weight.

- Eat smaller portions during the day
- Eat less fried foods
- Increase vegetables, fruits, and grains
- Choose water instead of soda or juice
- Eat less than 2,300 mg of salt per day

The most important thing about a new diet is realizing that small changes can result in large improvements. Your doctor wants you to succeed and wants to work with you on a regular basis to help you lower your high blood pressure!

Learn more about how to follow the dash eating plan by going here:

“Following the DASH eating plan”

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

Still have questions? Ask us @ teachandlearnfm.com

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Patient-doctor learning area: Use this area to write down questions for your doctor or use it as a space for your doctor to answer your questions.

A large, empty rectangular box with a thin blue border, intended for patient-doctor learning. It occupies the central portion of the page below the introductory text.

Still have questions? Ask us @ teachandlearnfm.com