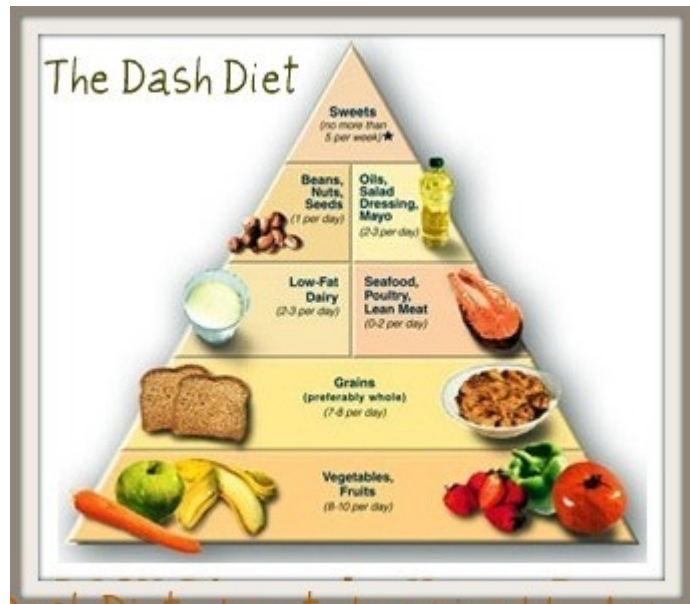


DASH Diet Plan

(Dietary Approaches to Stop Hypertension)

The DASH Eating Plan can help you lower your blood pressure and eat healthier all the way around. The DASH Plan includes the following advice:

- Limit your sodium (salt) intake. Don't cook with salt, and don't add salt later. Also, read food labels. The label will reveal any hidden sodium, as well as other sneaky ingredients like trans fat.
- Eat plenty of fruits and vegetables. Don't rely on juices or canned versions. Fill up on whole fruits and vegetables — fresh or frozen — instead. Try for lots of dark green, orange, and yellow vegetables.
- Go for whole grains. Whole-grain bread, brown rice, and oatmeal are healthier than white bread and rice or processed cereals.
- Choose unsaturated fats and stay clear of saturated and trans fats.
- Get your protein from heart-healthy sources. Fish, nuts, beans, and lean poultry and meat are best.
- Pick nonfat or lowfat dairy products. Milk, cheese, and yogurt are healthiest when they're low in fat.
- For more information on the DASH Plan, visit this website at the National Institutes of Health (NIH): www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm



Shepherd Center