

DAILY DASH DIARY

Use the chart to check "what I did today" within the DASH Eating Plan. Then, ask yourself the questions listed each day to come up with a DASH game plan for tomorrow. It can take three to four weeks to change a habit, so stick with it.

Dairy Foods*

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Fruits

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Vegetables

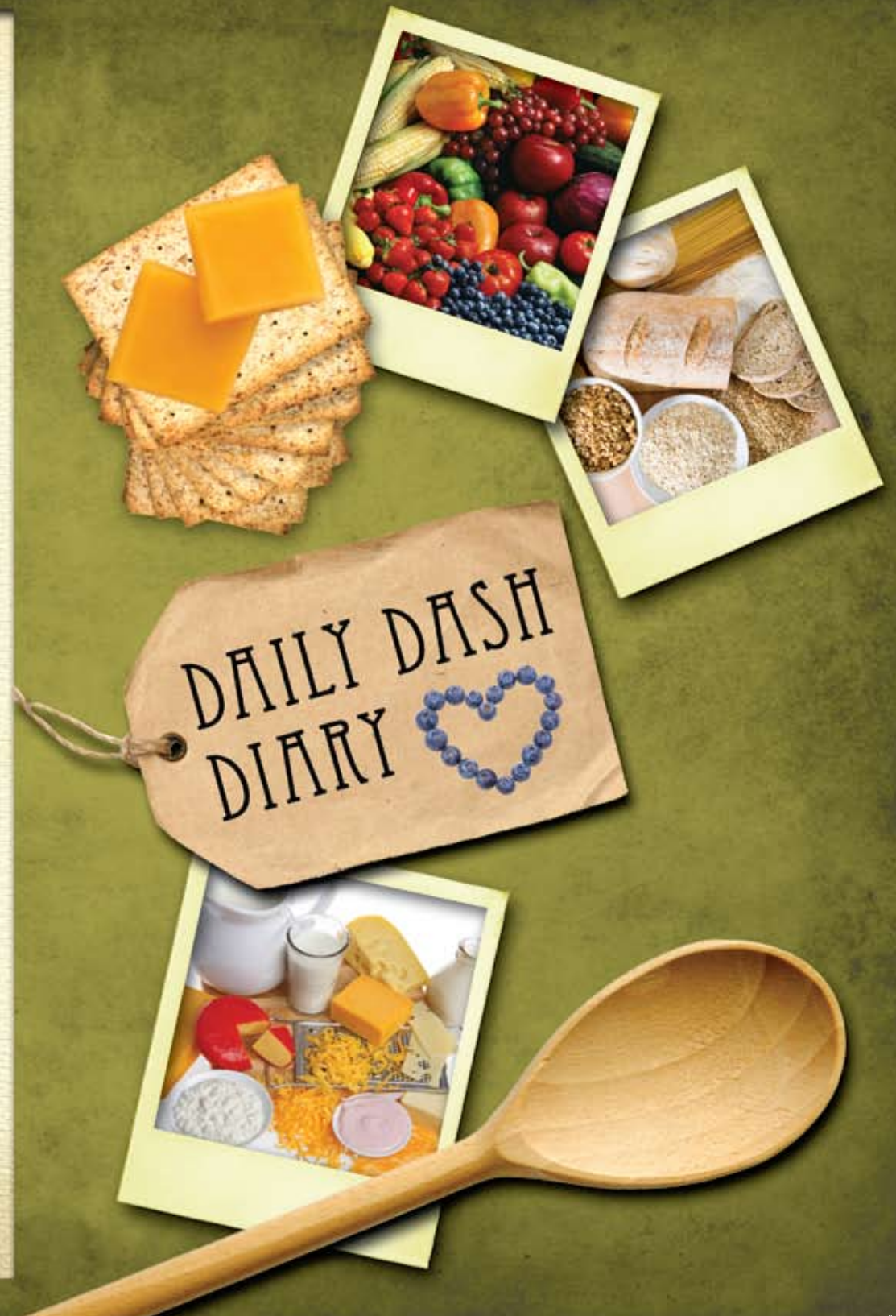
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Did I have At least...

2-3 servings of dairy foods (milk, cheese, yogurt) today? If no, what can I add to get at least 2-3 servings tomorrow?

8-10 servings of fruits and vegetables today? If no, what could I add to get 4-5 servings each of fruits and vegetables tomorrow?

*The DASH eating plan encourages consumption of low-fat and fat-free dairy foods. Low-fat milk, reduced-fat cheese and fat-free yogurt are all part of the DASH eating plan.



DASH* FACTS

*DIETARY APPROACHES TO STOP HYPERTENSION

Hypertension, or high blood pressure, is a major risk factor for heart disease and stroke. You could be at risk for high blood pressure if you have excess body weight, drink too much alcohol, and/or have a sedentary lifestyle. Work with your physician and dietitian to manage these risk factors and find a plan that is right for you. The DASH concepts may be part of that plan.

The DASH eating plan is a low-fat eating plan rich in calcium, potassium and magnesium and includes two to three servings of dairy foods and eight to ten servings of fruits and vegetables each day.



Government guidelines for physicians now include the DASH eating plan as one of the lifestyle modifications they should recommend to their patients to prevent and control blood pressure. Doing what you can to modify your lifestyle will help improve your blood pressure control. Let your doctor know you are trying the DASH eating plan as they monitor your progress.

Research shows that lowering the sodium level in the DASH eating plan can enhance its ability to lower blood pressure even more. Other studies have shown that the DASH eating plan can also reduce LDL ("bad") cholesterol, further decreasing heart disease risk. The DASH eating plan was also shown to benefit bone health.



DASH eating plan

**servings based on a 2,000 calorie diet*

2-3 servings of dairy foods* per day (One serving of dairy is 8 oz. milk, 8 oz. yogurt or 1 ½ oz. cheese)

8-10 servings of fruits and vegetables every day (One serving of vegetables is 1 cup raw leafy vegetables, ½ cup cooked vegetable, or ½ cup vegetable juice) (One serving of fruit is ½ cup fruit juice, 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen or canned fruit)



TIPS FOR SUCCESS:

- Start with a DASH breakfast to get a jump start on your day. Pick a dairy food*, a piece of fruit and a whole grain item.
- Choose "combination foods" like fat-free yogurt mixed with fruit and topped with granola.
- Re-think your drink – make low-fat milk your beverage of choice.
- For those with lactose intolerance try yogurt or hard cheeses such as Cheddar or Swiss, or drink lactose-reduced or lactose-free milk.

Let USDA's MyPyramid be your guide www.mypyramid.gov

For DASH recipes and example calorie level menus, visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

For more tips, go to www.nationaldairyCouncil.org

For more detailed information about the DASH meal plans visit www.nhlbi.nih.gov

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This handout is for informational purposes only, and should not replace the advice of your health care provider.