

More than 40% of African Americans have high blood pressure.<sup>1</sup>



The solution could be behind door #2.



Talk with your patients about DASH.

### Foods Emphasized in the DASH Eating Plan

- ✓ LOW-FAT or FAT-FREE MILK, yogurt or reduced-fat cheese
- ✓ FRUITS
- ✓ VEGETABLES
- ✓ WHOLE GRAINS

Lifestyle changes, including diet, are an important part of any plan to achieve and maintain a healthy blood pressure. In fact, **the DASH (Dietary Approaches to Stop Hypertension) Eating Plan** is recommended to both prevent and control high blood pressure.

The low-fat dairy-rich DASH diet was twice as effective at lowering systolic blood pressure among African-Americans as in Caucasians.<sup>2</sup> Dairy foods were among the top food sources of calcium, potassium and magnesium in the DASH diet.<sup>3</sup> These three nutrients play an important role in blood pressure regulation.

The DASH diet may even lower blood pressure as well as some medications. Adults with mild hypertension who followed the DASH diet reduced blood pressure as much as a single antihypertensive medication.<sup>4</sup>



Let USDA's MyPyramid be your guide - [www.mypyramid.com](http://www.mypyramid.com).

For DASH recipes and example calorie level menus, visit [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

For more tips and healthy recipes, go to [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org).



NATIONAL DAIRY COUNCIL



AMERICAN ACADEMY OF FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA



American Dietetic Association



These health and nutrition organizations support 3-Every-Day™ of Dairy, a science-based nutrition education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products to improve overall health.

<sup>1</sup> American Heart Association; What About African-Americans and High Blood Pressure? <http://www.americanheart.org>  
<sup>2</sup> Svetkey LP et al. Effects of dietary patterns on blood pressure. Subgroup analysis of the Dietary Approaches to Stop Hypertension (DASH) randomized clinical trial. Archives of Internal Medicine. 1999; 159: 285-93.  
<sup>3</sup> Lin P-H, et al. Food group sources of nutrients in the dietary patterns of the DASH-Sodium Trial. J Am Diet Assoc. 103(4): 488-496, 2003.  
<sup>4</sup> Appel LJ, et al. A clinical trial of the effects of dietary patterns on blood pressure. NEJM. 336: 1117-1124, 1997.