



## The DASH Diet

### What is the DASH diet and why is it important?

The **D**ietary **A**pproaches to **S**top **H**ypertension, or DASH diet, has been shown to improve blood pressure and decrease cholesterol. This is important for patients with Heart Failure, Hypertension and Cardiovascular Disease, because lowering cholesterol and blood pressure will reduce strain on the heart to pump blood through clogged arteries.

### How can I successfully follow the DASH diet?

In order to improve blood pressure and cholesterol, the DASH diet limits sodium, saturated and trans-fat and sweets. Instead, it emphasizes intake of vegetables, fruits, whole grains, lean meat and fish, low-fat dairy products and healthy fats. Highly processed foods, red meat, sweets and sugar-sweetened beverages should be limited.

FOOD GROUP	NUMBER OF SERVINGS*	EXAMPLE
<b>Whole grains &amp; grain products</b>	7-8 per day	Brown rice, whole wheat pasta, oats
<b>Fruits</b>	4-5 per day	Canned peaches, canned pears, oranges, bananas, apple
<b>Vegetables</b>	4-5 per day	Canned greens beans, mixed vegetables, carrots, leafy greens, celery, zucchini
<b>Low fat or non-fat dairy</b>	2-3 per day	1% milk, low-fat or non-fat yogurt, low-fat cottage cheese
<b>Lean meats, poultry, fish</b>	2 or fewer per day	Chicken, tuna
<b>Fats &amp; oils</b>	2-3 per day	Vegetable oils (olive, canola, avocado, safflower), avocado, mayonnaise
<b>Nuts, seeds &amp; legumes</b>	4-5 per week	Peanut butter, unsalted nuts, lentils, canned black beans, kidney beans, pinto beans
<b>Sweets &amp; added sugars</b>	5 or fewer per week	Table sugar, candy, baked sweets (cookies, cake), jam/jelly, sweetened beverages (lemonade, juice, regular soda)

*\*Based on a 2,000 calorie diet; servings per food group may vary from those listed based on your caloric needs*

For more information and tips, visit the American Heart Association website ([heart.org](http://heart.org))