

DASH diet plan

Your eating habits can impact your blood pressure levels. If you have high blood pressure, also known as hypertension, you will benefit from the following guidelines:

- Reduce sodium and salt in your diet
- Increase fruits, vegetables, and potassium-rich foods
- Decrease total fat, saturated fat and cholesterol in your diet

To know if prepared foods have sodium or fat, read their food label. Look for words such as salt, sodium, fat, hydrogenated or partially hydrogenated fat. Include the number of recommended servings from the fruit and vegetable groups. These foods contain potassium, a nutrient that has been shown to decrease blood pressure.

meats, poultry, fish, eggs, and meat substitutes

choose

Limit to 5-6 ounces per day.

- Meat, fish, poultry, shellfish, fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Tofu
- Low cholesterol egg substitutes
- Healthy Choices® entrees (Frozen entrees with a starch and vegetable should not exceed 600 mg sodium.)
- Dried beans, peas, legumes (Canned beans should be rinsed and drained.)

Limit to 1 serving a day:

- Ricotta cheese, part skim (½ cup)
- Low sodium processed cheese (1 oz) (e.g., Alpine Lace® sliced cheeses)
- Cottage cheese (½ cup)

do not choose

- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, jerky, hot dogs (regular and “1/3 less sodium”)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter
- Textured vegetable protein (TVP) products
- Frozen dinner entrees (except those listed under **choose**)
- Canned entrees, such as stews, chop suey, spaghetti
- Processed cheeses (American, cheese spread, cheese food)
- All other natural cheeses



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vegetables

Eat 4-5 servings a day. Choose high potassium vegetables such as

choose

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Canned vegetables, rinse and drain before preparation (limit to 1 cup per day)
- Instant mashed potatoes, do not add salt when preparing
- Low sodium tomato or vegetable juice
- Tomato sauce, no salt added

do not choose

- Baked beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree



bread, cereals, grains, and crackers

Limit to 6 servings per day. Choose whole wheat or whole grain

choose

- Yeast breads and rolls
- Bagel (1/2)
- English Muffin (1/2)
- Pita (1)
- Bread dressing, homemade with no added salt (1/3 cup)
- Pancakes (1 – 4" diameter)
- Crackers, unsalted tops (5)
- Dry cereal (3/4 cup), except those listed under NO LIMIT

do not choose

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing



SOUPS

choose

- Reduced or low sodium canned soup
- Homemade soups and broth, with no added salt
- Low sodium soup bases

do not choose

- All soups and broth, unless low sodium
- "1/3 less salt" soups
- Dehydrated soup mixes

milk and yogurt

Eat 3 servings a day.

choose

- Milk: reduced-fat, low-fat, fat-free, chocolate, powdered, evaporated
- Yogurt: low-fat or frozen

do not choose

- Buttermilk
- Instant hot chocolate/cocoa mixes
- Malted milk

no limit

- Hot cereal, cooked without salt
- Dry cereals
 - Puffed rice or puffed wheat
 - Shredded wheat
 - Low sodium cornflakes
 - Low sodium crispy rice
- What bran or wheat germ
- Crackers
 - Low sodium crackers
 - Unsalted matzoh
 - Melba toast
- Tortillas
- Plain, pasta, noodles, or rice

fats

choose

Limit to 6 tsp or portions a day.

- Vegetable oils: canola, safflower, sunflower, corn, peanut, olive, soybean
- Margarine with first ingredients “liquid oil” and no trans fat
- Diet margarine
- Unsalted nuts (1oz)
- Imitation whipped topping

Limit to 1 serving per day:

- Salad dressing: regular or fat-free (1 Tbsp)
- Mayonnaise: regular or fat-free (1 Tbsp)
- Fat-free cream cheese

do not choose

- Tartar sauce
- Bacon, bacon fat, “1/3 less sodium” bacon
- Gravy: canned, jarred or packet
- Salt pork
- Butter
- Snack dips with instant soup mixes or processed cheese
- Olives

fruits and juices

Eat 4-5 servings a day. Choose high potassium fruits such as bananas, oranges, melons, and strawberries.

choose

- All fruits and fruit juices
- Low-sodium, salt-free vegetable juices



beverages

Limit caffeine to 300 mg / day.

choose

- Coffee and tea (about 2 ½ cups)
- Carbonated beverages, low sodium
- Fruit punch, lemonade
- Mineral water

do not choose

- Cocoa beverage mixes
- Sport beverages (such as Gatorade®)

snacks and sweets

choose

- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted
- Sugar, honey
- Jam or jelly
- Syrups: maple, corn, chocolate, etc.
- Cranberry sauce
- Hard candy
- Gelatin
- Sherbet or frozen yogurt (½ cup)
- Popsicles

Limit to 1 serving per day:

- Fat-free frozen desserts, cakes and cookies
- Low-fat (no-added sugar) ice cream

do not choose

- Popcorn: commercial seasoned or microwave with salt
- Snack chips, pretzels or crackers with salt
- Ice cream
- Cheesecake
- Instant pudding mixes
- Commercially prepared fudge, caramel or butterscotch toppings



condiments

choose

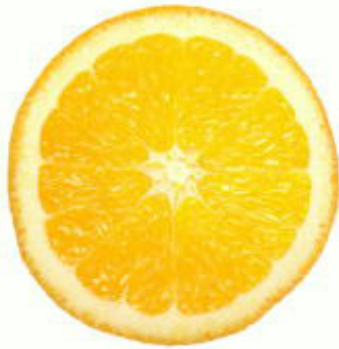
- Herbs and spices without salt, (e.g., onion and garlic), horseradish powder, vinegar, Mrs. Dash®, Tabasco® sauce

Limit:

- Mustard (1 tsp/day)
- Worcestershire sauce (1 tsp/day)
- Ketchup (1 tsp/day)

do not choose

- Salt, herb and spice blends containing salt
- Monosodium glutamate (MSG)
NOTE: MSG has no taste so it is not detected in foods!
- Soy sauce
- Chili sauce
- Teriyaki sauce
- Steak sauce
- Poultry seasoning
- Relish
- Barbecue sauce
- Poppa Dash®



Eating Out

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your french fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order,” ask that your meal be prepared without salt or MSG.

Food Labels

Labels can be useful.

The following are sodium labeling definitions:

- **Sodium Free** – less than 5 milligrams of sodium per serving
- **Very Low Sodium** – less than 35 milligrams per serving
- **Low Sodium** – less than 140 milligrams per serving
- **Reduced or Less Sodium** – the product has at least 25 percent less sodium than the original product
- **Light** – a product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **No Salt Added or No Salt** – no salt has been added in the preparation of the product

**Caution: Many products with less sodium, less salt, lite, or light on the label still may have too much sodium.*

