

DASH* to the Diet:

Prevent and control high blood pressure following the DASH eating plan



What everyone should know about healthy eating



The DASH eating plan (*Dietary Approaches to Stop Hypertension) has been shown to prevent and reduce high blood pressure. It's rich in fruits and vegetables and lowfat dairy products, moderate in total fat, and low in saturated fat and cholesterol. It's even more effective if you also reduce your salt and sodium intake.

This eating plan can help you lose weight if you are overweight, which also will help lower your blood pressure.



U.S. Department of Health and Human Services

10 delicious ways to DASH down high blood pressure



1. Be spicy instead of salty. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
3. Eat moderate portions, and when snacking, eat fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
4. Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
5. Start your day with breakfast cereals that are lower in salt and sodium.



6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
7. Buy fresh, plain frozen, or canned with “no-salt-added” vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, move the saltshaker away—limit condiments, such as catsup, pickles, and sauces with high salt-containing ingredients.
10. Cut back on processed and fast foods that are high in salt and sodium.



Resources for eating to prevent and control high blood pressure



Your Guide to Lowering High Blood Pressure includes more information on the Dash eating plan, tips for getting started, sample meal plans, and even recipes.

http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm

Aim for a Healthy Weight includes a BMI calculator, tips for shopping and preparing food, and a menu planner that is designed to guide daily food and meal choices based on one day's calorie allowance.

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm



National High Blood Pressure
Education Program

