


## Eat your way to lower blood pressure

**DASH Diet Sample Menus**

**Breakfast**



Food	Amount	Servings
orange juice	6 oz.	1 fruit
1% low fat milk	8 oz.	1 dairy
corn flakes (with 1 tsp sugar)	1 C	2 grain
banana	1 medium	1 fruit
whole wheat bread (with 1 Tbsp jelly)	1 slice	1 grain
soft margarine	1 tsp	1 fat

Almost everyone could benefit from eating more fruits and vegetables. But if you have high blood pressure or high-normal blood pressure, it's even more important to include lots of fruits and vegetables in your meals each day.

The National Heart, Lung, and Blood Institute now recommends what they call the DASH diet as a way to prevent high blood pressure. The DASH diet may even lower high blood pressure. In fact, the DASH diet is healthy for just about everyone, and it is the type of eating plan that doctors recommend to lower your risk of heart attack—and even prevent cancer.

If you have high blood pressure and you take medicine for it, remember that the DASH diet is *not* a substitute for your medicine. *Don't stop taking your blood pressure medication unless your doctor tells you to.*

Food Group	Daily Servings	1 Serving Equals	Examples & Notes
Grains and grain products	7-8	1 slice bread 1/2 C dry cereal 1/2 cup cooked rice, pasta or cereal	whole wheat breads, English muffin, pita bread, bagel, cereals and fiber, grits, oatmeal
Vegetables	4-5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 oz vegetable juice	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, beans, sweet potatoes
Fruits	4-5	6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/2 C fresh, frozen, or canned fruit	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines
Low fat or nonfat dairy foods	2-3	8 oz. milk 1 cup yogurt 1.5 oz. cheese	skim or 1 % milk, skim or low fat buttermilk, nonfat or low fat yogurt, part skim mozzarella cheese, nonfat cheese
Meats, poultry, fish	2 or less	3 oz. cooked meats, poultry, or fish	select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry
Nuts	1/2	1.5 oz or 1/3 C 2 Tbsp seeds 1/2 C cooked legumes	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils



SOURCE: HTTP://DASH.BWH.HARVARD.EDU/



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