

# Nutrition Fact Sheet

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## **Making the DASH Difference:** *The DASH Eating Plan Can Assist in Managing High Blood Pressure for Many People*

Research supported by the National Heart, Lung and Blood Institute has shown that the DASH eating plan (Dietary Approaches to Stop Hypertension) can lower blood pressure and LDL (“bad”) cholesterol which can reduce your risk for heart disease. This heart-healthy eating plan also provides nutrients that are in short supply in many Americans’ diets.

The DASH eating plan is one example of an eating plan that incorporates the recommendations of the *Dietary Guidelines for Americans*. The DASH eating plan emphasizes consuming low-fat and fat-free milk and milk products, fruits and vegetables and encourages the consumption of whole grain foods. These foods provide calcium, potassium, fiber and magnesium—important nutrients for managing blood pressure—as well as vitamins A, C and E. Many Americans need to increase their intake of these nutrients.

### **Simple tips to DASH Your Diet**

#### ***Start at Breakfast:***

Get ahead of the game and start your day with a whole grain cereal, fruit and low-fat milk or yogurt.

#### ***Re-Think Your Drink:***

Make low-fat and fat-free milk your beverage of choice. Serve low-fat white or flavored milk at meals. Choose a skinny latte, milk steamer or hot chocolate made with low-fat milk.

#### ***Reinvent the Vegetable:***

Try new vegetables by serving them with low-fat yogurt dip, topping them with cheese or adding them to stews and casseroles. Add extra fresh, canned or frozen vegetables to prepared soups. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

#### ***Say Cheese!***

Make pizza with reduced-fat cheese and vegetables. Create a baked potato bar with vegetables, beans, salsa and cheese for toppings. Sprinkle cheese on top of soups and casseroles.

#### ***Savvy Up Your Snacks:***

Create a fruit smoothie with low-fat milk, yogurt and fresh fruit chunks. Serve trays with roasted nuts, pretzels and vegetables served with low-fat yogurt dip. Create snack kabobs with pieces of fruit and reduced-fat cheese cubes on pretzel sticks.

#### ***Switch Your Sweets:***

Feed your cravings with fresh or dried fruits or fruit filled gelatin. Layer low-fat yogurt with granola and fruit for a sweet treat. Try low-fat chocolate milk as a sweet tooth remedy.

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### **Make it with Milk:**

Use low-fat milk in place of water when cooking, especially with oatmeal, boxed rice and pasta dishes.

### **Super Soups:**

Prepare soups with low-fat milk instead of water. Add extra fresh, canned or frozen vegetables to prepared soups.

### **On the Go:**

Enjoy fresh fruit or single-serving packages of baby carrots, whole grain crackers, string cheese, yogurt

smoothies or milk in chug-style containers when you are “dashing” around. You can easily eat these in the car, at the office or on the road.

### **Dining Out:**

Ask to substitute a side-salad, steamed vegetables or baked potato for French fries. Boost the nutrition in sandwiches by adding tomato, lettuce, peppers and other vegetables. For a sweet ending to your meal, choose a fresh seasonal fruit cup. Choose a nutrient-rich beverage with your meal, such as low-fat or fat-free milk or 100 percent fruit juice.

## **Sample DASH Menu**

### **Breakfast**

¾ cup bran flakes cereal  
1 medium banana  
1 cup low-fat milk\*  
1 slice whole wheat toast  
1 tsp soft (tub) margarine  
1 cup orange juice

### **Lunch**

beef barbeque sandwich:  
2 oz beef, eye of round  
1 Tbsp barbeque sauce  
2 slices (1 ½ oz) natural cheddar cheese\*,  
reduced fat  
1 hamburger bun  
1 large leaf romaine lettuce  
2 slices tomato  
1 cup new potato salad\*\*  
1 small apple

### **Dinner**

3 oz cod with 1 tsp lemon juice  
½ cup brown rice  
1 cup spinach, cooked from frozen, sautéed  
with 1 tsp canola oil  
1 Tbsp almonds, slivered  
1 small cornbread muffin, made with oil  
1 tsp soft (tub) margarine

### **Snacks**

1 cup fruit yogurt\*, fat-free, no added sugar  
2 large graham cracker rectangles with  
1 Tbsp peanut butter

*\*Note: For those with lactose sensitivity, try drinking lactose-reduced or lactose-free milk. Also, choose a yogurt with live and active cultures or hard cheeses such as Cheddar or Swiss, which are naturally low in lactose.*

*\*\* For recipes and additional calorie level menus, visit: [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 a referral to a registered dietitian and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org)**



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