

# THE *dash* DIET

The DASH diet shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed, depending on how many daily calories you need.

Food Group	Daily Servings (Except as noted)	Serving Sizes
Grains and grain products	7-8	1 slice bread grain products 1 cup ready-to-eat cereal* 1/2 cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw leafy vegetables 1/2 cup cooked vegetables 6 ounces vegetable juice
Fruits	4-5	1 medium-sized fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 6 ounces fruit juice
Lowfat or fat-free dairy foods	2-3	8 ounces milk dairy foods 1 cup yogurt 1 1/2 ounces cheese
Lean meats, poultry, and fish	2 or less	3 ounces cooked lean meat, and fish skinless poultry, or fish
Nuts, seeds, and dry beans	4-5 per week	1/3 cup or 1 1/2 ounces nuts 1 tablespoon or 1/2 ounce seeds 1/2 cup cooked dry beans
Fats 2-3 and oils**	2-3	1 teaspoon soft margarine 1 tablespoon lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 ounce jelly beans 8 ounces lemonade

\* Serving sizes vary between 1/2-1 1/4 cups. Check the product's nutrition label.

\*\* Fat content changes serving counts for fats and oils. For example, 1 tablespoon of regular salad dressing equals 1 serving; 1 tablespoon of a lowfat dressing equals 1/2 serving; 1 tablespoon of a fat-free dressing equals 0 servings.

## How to reduce salt and sodium in your diet

**Hold the Salt!** You can help prevent and control high blood pressure by cutting down on salt and other forms of sodium. Try to consume no more than 2,400 milligrams (mg) of sodium a day-or, if you can, no more than 1,500 mg a day. (2,400 mg of sodium equals 1 teaspoon of table salt, while 1,500 mg equals 2/3 teaspoon.) Here are some tips on limiting your intake of salt and sodium:

- ♥ Use reduced-sodium or no-salt-added products, such as no-salt-added canned vegetables or ready-to-eat cereals that have no added salt.
- ♥ When you cook, be "spicy" instead of "salty." Flavor foods with herbs, spices, wine, lemon, lime or vinegar. Be creative!
- ♥ Don't bring the salt shaker to the table. Try an herb substitute instead.
- ♥ Use fresh poultry, fish and lean meat, rather than canned, smoked, or processed types.

- ♥ Cut down on cured foods (such as bacon and ham), foods packed in brine (such as pickles and olives), and condiments (such as mustard, catsup, barbeque sauce, and MSG). Limit even lower-sodium versions of soy sauce and teriyaki sauce.
- ♥ Read the label and choose convenience foods that are lower in sodium. These foods include frozen dinners, pizza, packaged mixes, canned soups and broths, and salad dressings.
- ♥ Rinse canned foods, such as tuna, to remove some of the sodium.
- ♥ While salt substitutes containing potassium chloride may be useful for some individuals, they can be harmful to people with certain medical conditions. Ask your doctor before trying salt substitutes.

### ***What else affects blood pressure?***

A number of nutrients, foods and other factors have been reported to affect blood pressure. Here are the latest research findings:

- ♥ **Potassium.** Potassium helps to prevent and control high blood pressure. Many fruits and vegetables, some dairy foods, and fish are rich sources of potassium.
- ♥ **Calcium and Magnesium.** These nutrients may help to prevent high blood pressure and improve health in other ways. Dairy products and broccoli are rich sources of calcium, while magnesium is found in many whole-grain products and dark green leafy vegetables.
- ♥ **Garlic and Onions.** These foods have not been found to affect blood pressure. But they are tasty, nutritious substitutes for salty seasonings and can be used often.
- ♥ **Caffeine.** This may cause blood pressure to rise, but only temporarily. Unless you are sensitive to caffeine, you do not have to limit how much you consume in order to prevent or control high blood pressure.
- ♥ **Stress.** Stress, too, can make blood pressure go up for awhile, and has been thought to contribute to high blood pressure. But the long-term effects of stress are not clear. Furthermore, stress management techniques do not seem to prevent high blood pressure. However, stress management approaches may help you control overeating.

## **High Blood Cholesterol and the TLC Program**

TLC stands for a special treatment program called “Therapeutic Lifestyle Changes.” This program includes a low-saturated fat, low-cholesterol diet that helps to reduce LDL cholesterol. The TLC program also calls for increased physical activity and weight control. If you adopt the TLC approach, you will lower your chances of developing heart disease, future heart attacks, and other heart disease complications.

### ***Eating the TLC way***

If your LDL cholesterol is above your goal level (see page \_\_), you should start on the TLC eating plan right away. The TLC diet will help to reduce your LDL cholesterol and lower your chances of developing heart disease. If you already have heart disease it will lessen your chances of a heart attack and other heart-related problems. On the TLC diet, you should eat:

- ♥ Less than 7 percent of the day’s total calories from saturated fat.
- ♥ Less than 200 milligrams of dietary cholesterol a day.
- ♥ Just enough calories to achieve or maintain a healthy weight.

If your blood cholesterol is not lowered enough on the TLC diet, your doctor or registered dietitian may advise you to change your diet by increasing the amount of soluble fiber and/or adding cholesterol-lowering food products. These products include margarines that contain ingredients called “plant sterolesters” or “plant stanol esters,” which lower LDL cholesterol. If your LDL level is still not lowered enough, your doctor may prescribe a cholesterol-lowering medication along with the TLC diet.

### ***Now You’re Cooking: Limiting Saturated Fat and Cholesterol***

Planning and preparing nutritious meals may take a little extra effort, but the health benefits are huge. Here are some tips for cutting down on saturated fat and dietary cholesterol, which will help to lower your LDL cholesterol and reduce your heart disease risk. It will improve heart health for all women, and may be particularly useful to those following the TLC diet.

### **Meat, Poultry and Fish**

- ♥ Choose fish, poultry, and lean cuts of meat. Trim the fat from meats; remove the skin and fat from chicken.

- ♥ Broil, bake, roast or poach instead of frying. When you do fry, use a nonstick pan and a nonstick cooking spray or a very small amount of oil or margarine.
- ♥ Cut down on sausage, bacon, and processed high-fat cold cuts.

#### **Dairy Products and Eggs**

- ♥ Instead of whole milk or cream, use nonfat or 1 percent milk.
- ♥ Use nonfat or lowfat cheeses and yogurt.
- ♥ Replace ice cream with sorbet, sherbet, and nonfat or lowfat frozen yogurt. Keep portion sizes moderate.
- ♥ Limit the number of egg yolks you eat. Egg whites contain no fat or cholesterol, so you can eat them often. In most recipes, you can substitute two egg whites for one whole egg.
- ♥ Use soft margarines (liquid or tub types) that contain little or no “trans” fat. Trans fat is another type of dietary fat that raises LDL cholesterol.

#### **Sauces, Soups and Casseroles**

- ♥ After making sauces or soups, cool them in the refrigerator and skim the fat from the top. Do the same with canned soups.
- ♥ Thicken a lowfat sauce with cornstarch or flour.
- ♥ Make main dishes with whole -grain pasta, rice, or dry peas and beans. If you add meat, use small pieces for flavoring rather than as the main ingredient.

#### **When You Can't Face Cooking**

- ♥ Check nutrition labels to choose frozen dinners and pizzas that are lowest in saturated fat and cholesterol. Make sure the dinners include vegetables, fruits, and grains -or add them on the side.
- ♥ Choose store-bought baked goods that are lowest in saturated fat, cholesterol, trans fats, and hydrogenated (hardened) fats. “Trans fats,” or trans fatty acids, are formed when vegetable oil is hardened to become margarine or shortening in a process called hydrogenation. Foods high in trans fats tend to raise blood cholesterol. Read labels. To limit trans fats, avoid products that list “hydrogenated oil” or “partially hydrogenated oil” as an ingredient. Also, remember that even “no cholesterol” and fat-free baked goods still may be high in calories.