

THE DASH DIET
PLAN FOR A 2000
CALORIE DIET

Food Group	Daily Servings	Examples of Serving Sizes	Examples & Notes
Grains & grain products	7-8	1 slice bread, 1 cup cereal 1/2 cup cooked rice, pasta or cereal	whole wheat bread, pita, bagel, cereal, grits, oatmeal
Vegetables	4-5	1 cup raw leafy or 1/2 cup cooked vegetables	tomatoes, potatoes, broccoli, spinach, sweet potatoes
Fruits	4-5	6 oz. fruit juice, 1 med. fruit 1/4 cup dried fruit, 1/2 cup fresh, frozen or canned fruit	apricots, bananas, grapes, mangoes, melons, peaches, prunes
Low fat or fat free dairy foods	2-3	8 oz. milk, 1 cup yogurt 1 1/2 oz. cheese	fat free milk, low fat or fat free cheese and yogurt
Meat, poultry & fish*	2 or less	3 oz. cooked meat, poultry, or fish	lean red meat, fish, skinless poultry
Nuts, seeds, & dry beans	4-5 per week	1/3 cup or 1 1/2 oz. nuts 2 TB or 1/2 oz. seeds 1/2 cup cooked dry beans	almonds, filberts, mixed nuts, sunflower seeds, kidney beans, lentils, peas
Fats & oils**	2-3	1 tsp. margarine, 1 TB low fat mayonnaise 2 TB lite salad dressing 1 tsp. olive or canola oil	soft margarine, low fat mayonnaise, lite salad dressing, vegetable oil
Sweets***	5 per week	1 TB sugar, 1 TB jelly or jam 1/2 oz. jelly beans 8 oz. lemonade	maple syrup, sugar, jelly, jam, fruit flavored gelatin, hard candy, sorbet, ices

* Choose only lean cuts of meat, remove all visible fat and/or skin. Bake, roast, broil, grill or boil instead of frying meats, poultry or fish.

** Limit the amount of oil, butter and margarine used in cooking.

*** People with diabetes should consult their healthcare provider or a registered dietitian before using sweets.

Important!!!

Anyone, especially individuals with other medical conditions, interested in following the DASH Diet should first consult with their healthcare provider.

COUNTY OF BERGEN
Kathleen A. Donovan, *County Executive*
and the
Board of Chosen Freeholders.



CONTROL YOUR
HYPERTENSION
THE D.A.S.H.*
DIET WAY

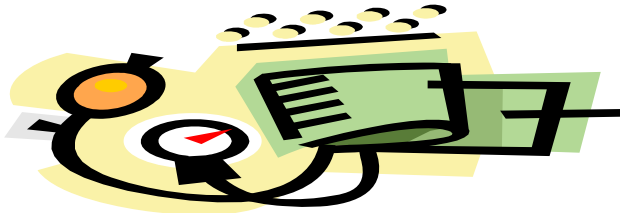
* *DIETARY APPROACHES
TO STOP HYPERTENSION*



BERGEN COUNTY
DEPARTMENT OF HEALTH SERVICES
327 EAST RIDGEWOOD AVENUE
PARAMUS, NJ 07652-4895

Tel: 201 634-2600
FAX: 201 986-1068
healthdept@co.bergen.nj.us
www.bergenhealth.org

CONTROL HYPERTENSION THE D.A.S.H. DIET WAY!!!

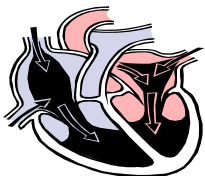


What Is Hypertension?

Hypertension, or high blood pressure, is the force of blood against the artery wall. The force is measured when our blood pressure is taken and recorded in two numbers. The first number measures the pressure when the heart beats and is called systolic pressure. The second number measures the pressure between heart beats and is called diastolic pressure. Both numbers are important and used to diagnose high blood pressure. High blood pressure is defined as a reading of greater than or equal to 140/90 ("140 over 90"). When we have high blood pressure our heart is working harder than it should.

How Does High Blood Pressure Affect Our Health?

High blood pressure often has no signs or symptoms and, if undetected or uncontrolled, can lead to heart and kidney disease and stroke. Hypertension affects nearly 50 million (1 in 4) Americans and is especially common among African-Americans.



Can High Blood Pressure Be Effectively Controlled?

High blood pressure is affected by many lifestyle factors, but can be controlled by changing some of our health habits. The most effective ways to lower high blood pressure are: losing weight (if needed), increasing physical activity, eating a healthy diet (low fat, low cholesterol, low sodium), and if needed, taking high blood pressure medications.

How Can Diet Help Control High Blood Pressure?

The factor that has the biggest affect on high blood pressure is diet. Recently, the government completed extensive research on how the foods we eat affect high blood pressure. The study was called "DASH" for Dietary Approaches to Stop Hypertension. Researchers found that a diet low in sodium, saturated fat, total fat and cholesterol, and rich in fruits, vegetables and low fat dairy foods was effective in lowering blood pressure. The DASH diet is also high in certain minerals such as calcium, magnesium and potassium. As an added bonus, the DASH diet also provides ample protein and fiber.

How To Begin Following The DASH Diet Plan.

It is easy to start the DASH diet plan. Here are some helpful tips to get you started:

Change Slowly-

- If you only eat one or two servings of fruits, add a serving to each meal.
- If you only eat one or two servings of vegetables, add a serving at lunch and dinner.
- Use half the butter, margarine or salad dressing you do now.
- Use low fat or fat free condiments.
- Slowly increase low fat dairy foods to three

servings per day. For example, try to have one serving of a dairy food at each meal.

Make meat part of the meal, instead of the focus-

- Buy less meat.
- Limit meat to 6 oz. a day.
- If you eat large amounts of meat, cut back slowly by a half or a third at each meal.
- Include at least two meatless meals each week.
- Increase the number of servings of rice, pasta, and dry beans at meals.



Use fruits or low fat foods as desserts or snacks-

- Try fresh fruit salad for dessert or an appetizer.
- If you get hungry between meals, have a piece of fruit instead of snack foods that are high in salt and fat.
- Other great snack ideas are: unsalted pretzels, nuts, raisins, graham crackers, unsalted plain popcorn and raw vegetables.



The DASH Diet Plan

Following the DASH diet is a lifelong commitment to your health. Keep in mind the number of daily servings is based on a 2,000 calorie a day diet and may vary from your individual calorie needs. Women, and men who are not very physically active, may need fewer calories. Similarly, very active women and men may need more than 2,000 calories a day. To find out your calorie needs, consult with a registered dietitian (RD). An RD is an expert in nutrition and health. To find an RD near you call your local hospital or The New Jersey Dietetic Association at (908) 358-1184. You can also visit The American Dietetic Association's website at www.eatright.org for more information about the DASH Diet plan.