

Appendix E - Dietary Approaches to Stop Hypertension (DASH)

The DASH diet is an eating plan that is low in fat and rich in low-fat dairy foods, fruits and vegetables. DASH recommends eating whole grains, fish, poultry and nuts as part of a balanced diet. Following the DASH diet may lower blood pressure.¹⁻³

Studies have shown that lowering sodium intake while on DASH will lower blood pressure even further than just DASH alone.⁴⁻⁶

The following table, adapted from the Canadian Hypertension Education Program⁷, provides an overview of the DASH diet.

Further information can be found on the National Heart, Lung and Blood Institute's Web site at www.nhlbi.nih.gov.

FOOD GROUP	DAILY SERVING	EXAMPLES AND NOTES
Grains	7-8	Whole wheat bread, oatmeal, popcorn
Vegetables	4-5	Potatoes, carrots, beans, peas, squash, spinach, broccoli
Fruits	4-5	Bananas, apples, apricots, oranges, tomatoes, melons
Low-fat dairy products	2-3	Fat-free/low-fat milk (e.g. skim or 1%), fat-free/low fat yoghurt, fat-free/low-fat cheese
Meats, poultry, fish	≤ 2	Select only lean meats. Trim away fats. Broil, roast or boil. No Frying. Remove skin from poultry.
Nuts, seeds, dry beans	4-5/week	Almonds, peanuts, walnuts, sunflower seeds, soybeans, lentils
Fats and oils	2-3	Soft margarines, low-fat mayonnaise, vegetable oil (olive corn, canola, safflower)
Sweets	5/week	Maple syrup, sugar, jelly, jam, hard candy, sorbet

References

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